

**Striders of Croydon AGM Minutes September 2018**  
**Sandilands Club Bar - Wednesday 26<sup>th</sup> September 2018**

**Apologies for absence** – Simon Ambrosi, Paul Ayers, Allie Cairnie, Ian Campbell, Linda Daniel, John Gannon, Steve Harris, Krzysztof Klidzia, Becky Laurence, Jess Mills, Peter Mills, Ruth Pearson, Andrew Pickering, Beatrice Schaer, Barry White.

**1 & 2 Agree minutes of the 2017 AGM**

No matters or issues raised

Minutes approved

**3 Chairman's Annual Report**

A mildly frustrating finish to my 10 years as your chairman. After a minor illness in June I have had a break from running and now don't seem to be able to get started again. So I finish as your non-running chairman 😞.

Other than that.. another good year for Striders. Total membership is stable at 362 names on the list. (364 last year) with 324 first claim, 13 2<sup>nd</sup> claim, 12 under 18 and 13 others (yoga, transferring or in progress. As usual a fairly high turnover with 60 joining us in past year.

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. Mick will detail your running achievements in his 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.

Thank you to Nikki and Peter for organising the new off road handicap series.. Also thank you to Krzysztof for organising the cross country q&a at the Pizza night organised by Stuart.

Well done to everyone who ran, marshalled or organised the road handicaps earlier in the year and to Sheena Hammond who won the final event. Also the annual Triathlon at Trinity. Thank you Ruth who has now taken on organising you for the Thursday Swimming. And thank you to Karen who has managed it ever since we started way back and retired at the beginning of this year

Yoga continues on a Tuesday although it seems we have got through quite a few Yoga instructors over the years. Thank you to Mick who manages the bookings now.

Thank you again to everyone involved in organising the Croydon Half back in early April. This was my last year organising this event. Good luck to James Burree and the team who have volunteered to take it on for next year.

Thank you to Myles who has volunteered to take on organising the marathon training runs which start at the beginning of November and continue until the spring. I have greatly enjoyed planning and organising these over the last ten years but I have now run out steam 😞. Over to the younger generation. Though I hope to see you on some of the routes. Most likely on my bike.

Thank you to Kath Selby who just organised a route run for some of our run leaders.

The bar continues to improve now that the Turner family have had more than a full year running it. Not only are they running the bar but also continuing with improvements to the building. You will have noticed the chairs and the choir's piano are no longer blocking the corridors. The hall now has its own store room round the back. Though unfortunately with the loss of one of the windows.

Darren is now thinking of closing in the Veranda so those using the bar don't have to go outside to get to the loos. A mixed blessing for Striders as we may well lose part of our traditional assembly area on Wednesday evening when we all congregate on the veranda and outside. To compensate, in mid winter we should all be able to stay under cover until our leaders tell us it's time to go as the corridor area will be much bigger.

Another benefit is that there is no expectation that the rent Strider pay Sandilands will have to increase so Striders basic costs shouldn't change so I expect Strider membership will stay the same except for any increase in the UK Athletics affiliation fee.

Thank you as always to all the members of the committee who run the club and to all our run leaders who keep the club running.

And finally all the best to Tony who has been brave enough to offer to take on the role of chairman next year.

**Robin Jamieson**

#### **4 Statement of Account & Balance Sheet**

Membership Fees for this year was £10,231.61 and the closing bank balance was £6,243.98 showing the club made a surplus of £589.36. This is due to the additional council money received of £645.34 for the Waymarkers. This is to be used for maintenance of them over the coming years.

Focal points for the year are:

- The Switchback event made a surplus in the year of £947.37. This is due to many of the costs involved in running the event last September being incurred in the prior year.
- From the Croydon Half Marathon, the club was able to make donations of £2,150 to a number of nominated charities and cadet squadrons. This was in part due to £1,000 sponsorship from Wings. Thanks go to them for their generosity.
- Yoga has seen declining numbers leading to a loss for the club of (£811). The Session fee has now increased to offset the loss.
- Swimming is still heavily reliant on Croydon Amphibians and at the time of the accounts made a loss of (£1,138) but this is a timing issue and will be offset by the swimming club.

#### **5 Membership fee for the 2018/19 club year.**

The following proposal was passed

The proposal is for the club's basic membership subscription of £20 plus England Athletics affiliation fee to remain unchanged. The current EA affiliation fee is £15.00 per athlete. Any rise in the affiliation fee will be passed on in line with this.

*At the time of the AGM we had not received confirmation of the 2019 affiliation fee. On the 3<sup>rd</sup> October 2019 it was confirmed that the 2019 affiliation fee would remain unchanged at £15.00*

## **6 Annual Secretary's Report**

This year has been a historic for Striders of Croydon. It's been my first year as Club Secretary and it has been a challenging one.

In February 2018 we re-introduced Welfare Officers to the club. I would like to thank Selena Wong and Stuart Hills for agreeing to take on the Welfare Officer roles.

We also published our Code of Conduct putting into words many, to-date, unwritten expectations of what being a Strider is. This was recently followed by our Code of Conduct for use of Social Media and Online.

I would like to thank all my fellow Committee Members for the time they have spent this year on Committee matters. I am pleased that many of you have expressed a wish to remain on the Committee so thank you for that too.

Special thanks, of course, to Robin for his many years of service to the club. It won't be the same without him at the helm. I would also like to thank Darren Woods for his time on the Committee as Social Secretary.

The recent club survey gave mainly positive feedback from the club membership, but still shows that we, as a committee, need to listen to members where needs are not being met.

The rest of my report will follow the usual format of documenting the year's achievements. I'll make no apology for starting with my favourite form of running – cross country.

## **Cross Country**

### **Surrey Cross Country League**

Led by team captain, Krzysztof Klidzia, our men's team were historically promoted to the top division of the Surrey Cross Country League for the first time in our history after spending 32 years in the lower divisions. It went down to the final fixture and became a straight contest between ourselves and Fulham at Lloyd Park. Home advantage, in testing conditions as ever, told. Special thanks to all who supported us and volunteered on a very memorable day and night for the men's cross country team.

Consistency over the four fixtures saw us home, finishing second at Wimbledon Common in October and Richmond Park in November, third at Beckenham Place Park in January and third again in the final fixture at Lloyd Park in February.

Special mention must go to the following key performers for the men's team but I would also like to thank everybody who ran to make this a special year.

Peter Mills (8th, 6th, 7th, 7th), Phil Coales (13th, 11th, 20th, 22nd), James Bennett (N/A, 27th, 11th, 12th), Tatsuya Okamoto (19th (league debut), 37th, 23rd, 29th), Bill Makuwa (23rd, 24th, 44th, N/A),

Alastair Falconer (33rd, 32nd, 32nd, N/A), Lee Flanagan (48th, 50th, 52nd, 44th), Rob Lines (54th, 62nd, 60th, 46th), Simon Ambrosi (61st, 88th, 59th, 64th)

Other scorers were Liam Redmond (84th at Richmond Park), Matt Stone (71st and second over 55 at Wimbledon Common), Krzysztof Klidzia (77th at Wimbledon Common), Andrew Aitken (75th at Beckenham Place Park and 54th at Lloyd Park), Simone Luciani (24th at Lloyd Park) and Dave Shaw (48th in final fixture and second in the over 50 category AT Lloyd Park)

Not to be outdone Striders women also had a very encouraging Surrey Cross Country League, finishing overall seventh in Division Two. They placed seventh in their first match at Reigate, eleventh at Nonsuch Park in November, 9<sup>th</sup> at Wimbledon Common and sixth in the final league fixture at Richmond Park in February.

Key performers for the women's team were Joanne Campbell (32nd, N/A, 41st, 27th), Steph Upton (36th, 56th, N/A, 39th), Becky Laurence (39th, 34th, N/A, 22nd) and Nikki Javan (73rd, 68th, 68th, 63rd)

Other scorers were Debra Bourne (80<sup>th</sup> at Nonsuch Park and 69<sup>th</sup> at Wimbledon), Rachel Vinton (61<sup>st</sup> at Wimbledon and 48<sup>th</sup> at Richmond Park), Selena Wong (84<sup>th</sup> at Reigate), Niamh Vincent (55<sup>th</sup> at Wimbledon Common and Carolyn Storey (83<sup>rd</sup> at Nonsuch Park).

The women were regularly having 15+ competitors and this bodes well for the new season.

### **Surrey Championships**

In the Surrey Cross-Country Championships at Denbies, Dorking on 7 January, Striders' senior men placed tenth in the team event. Peter Mills placed 30th out of the 220 finishers, covering the muddy twelve-kilometre course in 43 minutes 17 seconds. Phil Coales also ran well to place 39th (44:14), with Alastair Falconer 67th (46:03), Krzysztof Klidzia 113th (49:54), Darren Woods 123rd (50:35) and Andy Perks completing the scoring team in 131st (50:57).

Striders' women placed 14th in their team event. They were led by Steph Upton who placed 67th, covering the eight-kilometre course in 38 minutes 51 seconds. Nikki Javan was 78th (40:38) with Niamh Vincent 84th (41:24) and Lucy Kulp 104th (46:35).

### **Switchback 5**

Our cross country season started with our annual Switchback 5 at the back end of September 2017. Striders had nine of the first ten finishers with Phil Coales gaining a comfortable victory in 28 minutes 33, with Bill Makuwa second and Alastair Falconer third. Our women also won the team prize with Becky Laurence, Ally Whitlock and Joanne Campbell finishing third, fourth and fifth respectively.

### **Sandilands Cup**

Our off-road club competition that looks at performances across the many cross country races over the winter saw Steph Upton come out on top, over Nikki Javan and Andy Perks.

## **Road Racing**

### **Male club records**

Hot off the press James Bennett broke the club 10K record at the Olympic Park Chase The Sun 10K on 12<sup>th</sup> September 2018. In a new PB of 31.40, beating his previous best by nearly 50 seconds set in April 2018!

In the Berlin Marathon on 24 September 2017 James Bennett also broke his own club record with a time of 2 hours 32 minutes 50 seconds.

In the Chester Marathon on 8 October 2017, Dave Shaw set a new club over-55 marathon record of 3 hours 08 minutes 01, finishing 223rd overall in a field of more than 2,500 runners.

At Walton-on-Thames on 29 October, Matthew Stone improved his club over-55 record by more than a minute, with a time of 83 minutes 14 seconds.

At the Brighton Half-Marathon in February 2018, Andy Elliott set a club over-70 record of 2 hours 4 minutes 59.

### **Women's club records**

Our veteran women have been leading the way with a record-breaking year. Linda Daniel has broken both the 10 mile and half marathon v55 records this year. In January at the Canterbury 10 miler she ran 1.27.29 and in April 2018 at the Croydon Half she ran 1.56.40.

Sue Atkinson broke the v70 club marathon record with a time of 6.13.28 at London in April.

### **Other notable performances**

Peter Mills moved to second in our all-time half marathon list with 1:12:05 at Paddock Wood, Tatsuya Okamoto 1.17.29 at Walton and Alastair Falconer 1.18.15 and Andrew Aitken 1.19.35 at Richmond in May also moved into our all-time top 30 for the half marathon distance.

Alastair Falconer moved into the top 30 all-time 10K with 35:18 at the Titchmarsh 10K in May 2018.

There was also an excellent performance at the very recent Berlin Marathon 2018. Andrew Aitken got very close to Krzysztof Klidzia's club v40 record in a time of 2:46:43.

Rachel Lindley continued her domination of the women's road rankings with strong performances in the Dorking 10 (1.06.18), Cambridge Half Marathon (1,25.57) and the very hot London Marathon (3.23.27).

The Committee will also be updating club record lists to bring the number of recognised female performances into line with the men's. This has been proposed by Nikki Javan and Rachel Lindley and with Alan Dolton's help this will be implemented in the coming months. We'll keep you all updated of the detail of this.

## **Croydon Half Marathon**

Niamh Vincent was the second woman to finish in the eighth annual Croydon Half-Marathon on 8 April, placing 55th overall in 1 hour 40 minutes 38, while Linda Daniel was 133rd in her club record mentioned above.

Alastair Falconer finished third man home in 78 minutes 41 seconds, Striders' second home was Andrew Aitken who placed sixth (82:52), while Tom Lawson was 11<sup>th</sup> (84:48).

## **Surrey Road League**

In the Surrey Road League which comprises race distances from 5K to Half Marathon distance our ladies team finished 8th and men's team 10th out of 35 teams.

In the individual standings the ladies led the way. Susanna Lutman and Selena Wong came 2nd and 3rd in the over 35 category. Niamh Vincent and Del Boesinger came 6th and 8th in the senior category.

We encourage members to take part in these races as they engender great team spirit.

## **Track and Field**

Thank you to Andy Elliott for managing our Southern Veterans team. At the end of the season Striders women's team were 6 out of 8 teams and the men third out of 8 teams. Although the club demographic is getting a little younger a large percentage of the club does fall into the over 35 age group so please do consider this next year – they really are a lot of fun.

Habitual record breaker Sandra Francis broke the club's W60 long jump record in jumping 3.42m at the South of England Masters Indoor Championship in February. She also had an excellent day at the British Masters Indoor Championship at Lee Valley on 10th March, winning bronze medals in the W60 long jump and 60 metre hurdles - she became only the second Strider to finish in the top three in a British Championship. Other vet 60 records broken by Sandra this year are: 2km walk 14.28.4, 80m Hurdles 19.39, Discus 10.00m, Hammer 13.90m, Shot 3.79m

Scouring the club records, kept by Alan Dolton, I can see that the following club records have also been set:

M50 Paul Cripps Discus 22.55m at Walton in June

M60 Jon Dean. 5000m 20.24.4 at Walton, High Jump 1.30m and Triple Jump 7.61m at Kingsmeadow in July 2018

M65 Kevin Bannister. Triple jump 7.51m at Walton.

M70 Andy Elliott. 800m 3.52.5 at Walton.

W35 Rachel Lindley. 400m 68.8 and 1500m, 5.10.7 at Kingsmeadow in July,

W50 Jane Sparks. Shot Putt 5.96m at Walton.

W60 Lorraine Hunte . 200m in 36.3 at Ewell in May 2018. Mile 7.31.6 in Croydon in February 2018

## **Multisports**

Many Striders also compete in triathlons, Duathlons or Aquathlons - I'm not sure we have any winter biathlon participants?

At the 2018 ITU Aquathlon World Championships in Denmark in July Matt Stone won a silver medal in the vet 55-59 category.

The annual Striders triathlon at Trinity School in August was won by Paul Finch, followed by Matt Stone. Steph Upton was the first woman home in fifth place overall.

## **Ultras**

Ultra-marathons are becoming more popular and this is shown by the enthusiasts in the club. I've just picked out a number to illustrate that if this is your thing you have friends here.

At the South Downs Way 50 mile race Tatsuya Okamoto finished 15<sup>th</sup> in a time of 7:42:09 finishing 15<sup>th</sup> out of the 353 finishers. Stephen Lowe in 9:11:20, Ally Whitlock 9:36:00 and Myles McCarthy 11:24:52 also completed this tough trail ultra-marathon.

In the sister race the North Downs Way 50 on 21<sup>st</sup> May, whilst many of us were watching Harry and Meghan get spliced, Rachel Lindley completed the 50 mile course in seventh place in a time of 9:37:24. Stephen Lowe and Ally Whitlock completed the double in 9:44:47 and 11:29:16 respectively. Other finishers were Andy Perks in 9:47:15 and Keith Simpson in 11:35:06.

Keith Simpson was also spotted at the Country to Capital (45 miles) on the 13<sup>th</sup> January finishing first v65 in 9:17:45

No section on ultras would be complete without a short mention of Debra Bourne. Debra again completed Comrades in South Africa in 10:22:38 finishing the 90km route in the top 100 in her age category. Debra had also completed the 10 in 10 challenge in November/December 2017 where she completed 10 marathons in 10 days. She plans to go one better with 10 ultras in 10 days this year.

## **Relays**

Relay events are a great opportunity to meet fellow club members while taking part in a running event. The various relay events that we participate in proved extremely popular so thank you to Darren Woods for organising the Beckenham Relays and James Burree for organising the Beckenham Relays and James, the Dino Dash at Crystal Palace Park.

## **Mob matches**

In our annual mob match with Croydon Harriers on 3rd February 2018 Striders had the first three finishers (Tatsuya Okamoto in 18.06, Peter Mills 18.09 and Phil Coales 18.12) and gained a comfortable victory. The first woman to finish was Leanne Moore of Harriers, who was 40th (22:29). Striders had the next three women to finish with Becky Laurence 43rd (22:46), Joanne Campbell

50th (23.14) and Nikki Javan 53rd (23:23). Striders had 58 finishers, while Harriers had 35, giving Striders victory in the match (also winning if only scoring the first 35 finishers for each club).

We also continued our success in the annual Helen Furze Memorial Mob Match with Wimbledon Windmilers in November.

### **East Surrey League**

The low-key East Surrey League is a great introduction to representing the club. The league races comprise two off-road races usually in September and December and a road race at Ewell Court in April. Both men's and women's teams finished fifth in the 17/18 season.

### **Road Handicap (Goodall Trophy)**

Congratulations to our top three of Sheena Hammond, Tom Littlewood and Nick Fiander

### **Off Road Handicap (Goodall Trophy)**

Congratulations to our top three, all women, Sandra Francis, Sarah Allport and Lucy Finch

I hope this skip through the past year illustrates that being a Strider offers routes down many different paths. Please consider turning out for the club, or at the very least, sporting club colours in any races that you do. Locally you'll be sure to get an extra cheer if you do.

Mick Turner

Club Secretary

## **7. Proposal to amend Club Rule 3 - Composition of the Committee**

The proposal to update Club Rule 3 was passed. The wording was updated to

The management of the club is vested in a Committee consisting of Chairman, Secretary, Treasurer, Membership Secretary, Kit Officer, Social Secretary, Communication Officer, two Runners' Representatives and two Committee Representatives all to be elected annually; six to form a quorum. The Committee has the power to fill any vacancy that may arise.

## **8. Election of Committee 2018/2019**

Resignation from the committee.

Chairman – Robin Jamieson, Kit Officer – John O'Mahony, Social Secretary – Darren Woods, Runners' Representative – Tony Flowers

Proposed positions were agreed

Chairman – Tony Flowers, Communication Officer – John O'Mahony, Kit Officer – Nikki Javan, Social Secretary - Lyes Fridi. The Runners' Representative post remains unfilled



The current committee is as follows.

**Chairman** – Tony Flowers, **Secretary** – Mick Turner, **Treasurer** – Ruth Pearson, **Membership Secretary** – Simon Webster. **Social Secretary** – Lyes Fridi, **Communication Officer** – John O’Mahony, **Runners’ Representative** – Krzysztof Klidzia, **Runners’ Representative** - Vacant, **Kit Officer** – Nikki Javan, **Committee Rep** - Beatrice Schaer, **Committee Rep** – Jess Mills

## 9 Items for discussion:

- There were no other items of discussion proposed other than that a proposal made to Striderslist by John Gannon. This request was not sent within the deadline to raise issues and was not seconded.

Nonetheless, considering the content and nature of John Gannon’s email to Striderslist the Committee felt that it was appropriate to raise the requested issue of welfare.

The Committee also felt it was appropriate to clarify, as best as possible, any confusion or misunderstanding that may have occurred within the Club due to the welfare issues addressed and disciplinary processes undertaken in the last Club year.

Tony advised that his email response to Corinne Carr’s email to Striderslist was necessary and urgent due to the serious nature of the unfounded allegations raised.

Tony commented that the nature and content of John Gannon’s email to Striderlist was an inappropriate and unacceptable use of Striderslist.

Tony Flowers advised that a club member had been dismissed from the club in the previous week due to the sending of malicious emails to the Committee and to the wider Club.

Tony Flowers re-iterated John Gannon’s comments in his email that he was not subject to any Rule 12 proceedings. Tony confirmed this as being correct. Tony Flowers, however, confirmed to the club that the Committee have acted to remove John Gannon from positions of responsibility within the Club. Tony Flowers also advised John that the manner of his email to the Club was indicative as to why he had had Club responsibilities removed.

Tony Flowers confirmed to the Club that all members of the Club are subject to the same expectations of appropriate behaviour and that no amount of good service to the Club in any way mitigates, offsets, or excuses anything to the contrary.

Myles McCarthy expressed thanks to the Committee for the time spent on recent welfare issues.

- James Burree asked that the Striders mailing list (striderslist) be limited to running-only topics
- Simon Webster, Membership Secretary, confirmed that the Committee are carrying out a review of the method of club communication.
- Del Boesinger asked if there would be a chance to express how members could receive club updates as much is duplicated across Facebook/striderslist

## 10 Presentation of Club Awards.

### **Women's Road Ranking**

1. Rachel Lindley
2. Nikki Javan
3. Niamh Vincent

### **Women's Age Graded Road Ranking**

1. Rachel Lindley
2. Nikki Javan
3. Niamh Vincent

### **Women's Cross Country**

1. Nikki Javan
2. Becky Laurence
3. Joanne Campbell

### **Women's Track & Field**

1. Sandra Francis
2. Rachel Lindley
3. Linda Daniel

### **Men's Road Ranking**

1. James Bennett
2. Alastair Falconer
3. Andrew Aitken

### **Men's Age Graded Road Ranking**

1. James Bennett
2. Dave Shaw
3. Krzysztof Klidzia

### **Men's Cross Country**

1. Peter Mills
2. Philip Coles
3. Tatsuya Okamoto

### **Men's Track & Field**

1. Paul Cripps
2. Jon Dean
3. Liam Redmond

### **Road Handicap**

1. Sheena Hammond
2. Tom Littlewood

**3. Nick Fiander**

**Off Road Handicap**

- 1. Sandra Francis**
- 2. Sarah Allport**
- 3. Lucy Finch**

**Sandilands Cup**

- 1. Steph Upton**
- 2. Nikki Javan**
- 3. Andy Perks**

**Man of the Year – Chris Morton**

**Woman of the Year – Ally Whitlock**

**11 Thank You**

A final thanks was expressed to Robin Jamieson our Chairman who retired after 10 years.

The meeting concluded at 9.50pm