

SOC Committee Meeting – 25th October 2018 – Sandilands – 7.30pm

Tony Flowers, Mick Turner, Simon Webster, Ruth Pearson, Nikki Javan, Lyes Fridi, Jess Mills.
Apologies Beatrice Schaer, Krzysztof Klidzia, John O'Mahony

1. Chairman & Sandilands – TF
 - a. RJ has passed on miscellaneous keys to TF
 - b. Sue Turner has TF's contact details and will now contact him going forwards for forwarding details of upcoming events in the bar etc and also as a contact for any other relevant issues.
 - c. TF has taken over from RJ as contact for Croydon Harriers for organising Croydon 10k volunteers.
 - d. The first Sandilands committee meeting is on 13th Nov. RJ remains as treasurer and Nigel Davidson is the secretary
 - e. RJ is still available if there are further handover queries
 - f. Sandilands are purchasing a defibrillator. Each club is contributing £150.00 to its cost.
2. Secretary – MT
 - a. First Aid Course.
 - i. Katherine Selby investigated first aid courses for club members. She presented two suppliers of group courses.
 1. Siren Training 1-Day Emergency First Aid at Work course to your team.
You can have a total of 12 people on this course per 1 trainer. The cost remains the same at £475 + vat, for anything between 7-12 people.
 2. React First 1 day First Aid for Sport, Exercise & Fitness Course based on a maximum of 12 attendees : 1 instructor the cost is £690+vat this includes a sport first aid manual and on successful completion of the course a certificate valid for 3 years
 - ii. The committee agreed that there would interest in such a course and run leaders will be emailed first to gauge their interest. The committee also felt that the cost of the course was justified so long as we had a full complement of attendees. The ReactFirst course was preferred choice due to the sport focus.
 - iii. JOM to email run leaders initially regarding interest and availability. MT to contact JOM
 - iv. Separate email to the club asking for who has first aid training.
 - b. Whatsapp group for the committee. Agreed for those that wanted to take part.
3. Membership – SW.
 - a. 2018/2019 subs. Approximately a third of members had renewed. SW to chase non-payers.
 - b. Striderslist. It was agreed that members would be reminded to keep the Striderslist email list to running-related topics. MT to email.
4. Treasurer – RP
 - a. There was a general discussion over the cost of an inflatable finish arch for the Croydon Half. No decision was made to purchase one as yet.
5. Social Secretary - LF
 - a. Christmas Party 1st Dec. The clubhouse has been booked for this with a £15.00 per head buffet organised by the hockey club's caterer, Pam. Tickets available via

- Eventbrite. A welcome drink and entertainment has been sourced with the help of Hannah Luffman. LF to continue to publicise.
- b. A pre Christmas disco spin session at MyPT has been organised. LF to publicise.
6. Kit Officer – NJ
 - a. NJ has had a handover and keys for the locker in the ladies changing room have been cut. Nj has received a number of comments regarding the quality of the kit for women, around shaping and becoming see through when wet. It was made clear that we have no issue with changing kit suppliers.
 7. Communication Officer – JOM
 - a. Speed sessions. There was a short discussion around speed sessions and the upcoming Q&A with Alan, Chris and Simon.
 8. Club Runs – All
 - a. Emergency procedure. phones, first aid, documented process. ICE etc. This topic has been much discussed recently amongst the run leaders email list. It was agreed that:
 - i. MT would email striderslist reminding all runners to carry an ICE number and preferably a contactless card/oyster card on longer Sunday runs.
 - ii. Run leaders would be strongly encouraged to carry a phone
 - b. The pace for the five groups has settled down and the groups are working well.
 9. Yoga & Swimming - MT/RP
 - a. Yoga losses have been reduced but Striders are still subsidising the cost of the Sandilands hall hire.
 - b. Striders swimming numbers have reduced, perhaps only three Striders amongst the regular swimmers. We remain heavily reliant on Amphibians.
 10. Welfare - TF
 - a. MT to communicate with John Gannon regarding London Marathon ballot places and the position regarding London Marathon volunteers.
 11. VLM Club Ballot - MT
 - a. It was agreed to allocate one of the first draw marathon places to Jay Brzask-Makiela She was pulled out of the hat as 8th place last year but had to revoke it. She qualifies for the first draw this year.
 12. Marathon Training Education – TF/All
 - a. The FirstSurge training app was presented as an option by Coach Urban with its potential use for marathoners. He said he could develop 3.15-4hr training plans and set these up on FirstSurge. A club subscription costs \$39 per month for up to 100 runners. NJ commented that the app didn't really give us much more than the plan. There wouldn't be bespoke coaching and much of it would be down to the athlete to sync their training to the plan. Additionally it was questioned whether Urban's approach matched the speed ranges of our marathoners. He was not enthusiastic about training plans for 4.15 plus marathoners. Given that there wouldn't be coaching support included in the \$39,00 per month cost it was felt at this point that it wasn't something worth pursuing.
 13. Striders XC page on website.
 - a. KK wants more ready access to past performances/conditions of specific races at locations. A work in progress.
 14. parkrun age graded competition.
 - a. The above was suggested. Prizes/spot prizes for top performers plus nearest to 40/50/60/70%. Details to be confirmed. 1st Dec was suggested but subsequently realised this is an East Surrey League XC date. Trying to find a suitable week for it.
 15. XC handicap
 - a. The handicap was deemed a success. Nikki and Pete to triple check that we cannot fit a third fixture in. The last 5km was too late in the year and it was too dark.

Meeting closed 10.00

Next meeting Jan social TBC