

# **Striders of Croydon Annual General Meeting (AGM**

**21<sup>st</sup> September 2020 7.30pm via Zoom**

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## **1. Welcome & Apologies**

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Mick Turner opened and welcomed members to the AGM.

Apologies were received from Alan Dolton, Andy Elliott, Ian Campbell, Michelle Klein, Nigel Finch, Rachel Lindley

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## **2. Approval of Minutes from 2019 AGM meeting held 25th September 2019**

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Minutes approved

No matters or issues raised

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## **3. Annual Chair's report**

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It has of course been an unexpected and unusual last few months but our resilience, adaptability, team spirit and collective effort as a club has continued to shine through. We are also a community that provides for more than just running; particularly in these uncertain times it is more important than ever that we continue to be mindful of our running friends; providing for an environment where everyone can feel comfortable and confident in talking to fellow runners, welfare officers, run leaders or committee members about any wellbeing issues and concerns.

This year we welcomed Peter Johnson to the club committee. Thank you to Peter and to all of the present members of the committee, Mick Turner, Ruth Pearson, Lyes Fridi, Nikki Javan, Michael Smaldon, Michelle Klein, Beatrice Schaer and Simon Webster for all of their work in keeping the club running.

Lyes Fridi has decided to step down from the committee this year as Social Secretary. He has certainly arranged some great events over the last two years and my thanks to Lyes for all of his work across all areas of committee responsibilities in the last two years. John O' Mahony also decided to step down from his committee role as Communications Officer during this year. John joined the committee in 2017 initially serving as Kit Officer and has always been highly involved across all committee discussions and actions with energy and enthusiasm. Both Lyes and John I know will continue to make significant contributions to the club.

Thanks also to our many run-leaders and to our route-masters Ally Whitlock and James Burree for planning all of our routes and organising runs. Thanks as always to Alan Dolton, Chris Morton and Simon Ambrosi for their planning, encouragement and coaching of our speed training sessions.

Thanks to our men's and ladies' xc managers Andy Perks and Nikki Javan; everyone who has ran for the club for xc will appreciate all your efforts and the organisation involved.

Particular thanks must go to a number of our club members for all that they have done in bringing the club together through the last few uncertain months.

Hannah Luffman arranged a drive-round collection for donations to Evolve Housing and along with fellow driver Ally Whitlock collected many of your donations. Hannah also set up a learn and support network, organised virtual drinks evenings and virtual yoga classes. Lyes Fridi was our quizmaster for these social evenings. Beatrice Schaer set up virtual strength & conditioning classes and Tony Sheppard set up virtual cycling sessions.

Chris Morton has kept us on our toes by continuing to publish what would have been our speed training sessions, providing new and monthly virtual challenges and together with Simon Ambrosi planning, organising and leading our socially distanced speed sessions. It was certainly a memorable day meeting up once more with so many of you on the first Striders session after such a long break.

There has been so much organising and behind the scenes activity in bringing back the socially distanced Wednesday and Sunday runs and thanks must go to our routemasters Ally and James and to all our run leaders for the flexibility needed in keeping going this 'new normal' way of group running that we have currently adopted. Michael Smaldon has put a lot of work into risk assessment and planning for all our events to allow us to keep on enjoying our running.

Looking back to more normal times we started this year with our annual Switchback 5 xc event and thanks to Debra Bourne and to Mick Turner for their usual excellent organisation and to all involved in registration and marshalling and of course to all our cake-bakers who help to ensure the clubhouse hall is always packed with runners after the event!

What an honour and pleasure it was to warmly welcome an elite professional to run with us on a chilly October evening, Benard Rotich! I'm sure everyone there that evening will fondly remember our Kenyan style warm-up, mile time trial and Q&A session afterwards with Ben.

Myles McCarthy brought us yet more new routes and his exceptional planning for the spring marathon training runs while also helping to lead these runs.

The Croydon Half Marathon in March was to turn out to be our last event for several months. Despite having some last minute organisational changes the event was once again a great success thanks to the weeks of planning and organising by James Burree and Annabel Crouch and of course to the many of you who volunteered at race HQ and marshalled around the course. As ever there was huge appreciation by runners for the encouragement and support of the marshals. Debra Bourne once again organised the Croydon themed finishers medals which remained a big talking point with finishers!

Continued thanks to Alan Dolton and Debra Bourne for editing and copy editing our club magazine and to all of the contributors this year.

Alan along with Graeme Drysdale put in a lot of hard work in coming up with a list of men's and ladies' all-time top 30 5k records which have now been added to our other distance records on the website. Graeme has also continued to record and update Striders' race results and calculate club rankings.

Work continues apace in the background on cleaning up our current website as we look at moving to a new and improved website with Ally Whitlock, Mick Turner and Michael Davis continuing their work on this. Simon Webster is working hard on moving the Striderslist mailing group to a new and more reliable provider and many of you will have started to receive invites in advance of this move.

The Striders online kit store has been up and running for a year now and continues to grow and be updated due to the great organisation and input from Nikki Javan.

Finally, my thanks once again to our club Welfare Officers, Stuart Hills and Selena Wong for always being there and being available.

Continued safe running.

Tony Flowers

#### **4. Statement of Accounts and Balance sheet**

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Tony Flowers presented the accounts in Ruth Pearson's absence.

Tony commented that accounts are financially stable for both Striders and overall Sandilands organisation. New membership during lockdown and subsequently has naturally been down and we do need to be aware of the renewal rate in 2020/2021 year. Tony also re-iterated club commitment to Sandilands.

In the accounts to 31<sup>st</sup> August 2020, the net cash position was a small inflow of £164.

The main drivers for this are:

- Club run Yoga ceasing
- Swimming catching up on income which offsets the small outflow from the prior year. Since March Swimming is on hold with no expense to the club.

Also note, the Sandilands donation the club made following the Croydon Half Marathon (CHM) is now shown under Sandilands

Of the events this past 12 months, CHM had nearly £8,000 Income from Entries and after donations and costs the accounts show a profit of £559 but this excludes the Sandilands donation of £1k. Switchback a small loss due to park hire and mementos.

Other notable areas are:

- The Club Kit has made a small loss due to stocking of club kit on the new website
- Income from membership fees was down this year by £1.2k after taking account of the London Marathon money received last year. This is partly due to the lockdown with limited new members in the last 6 months.

#### Outlook for FY20/21

The forecast for the next financial year will follow the trend from this past 12 months and finances are expected to remain flat.

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### **5. Proposal to set Membership Fee for 2020/2021**

The proposal for the club's basic membership subscription of £20 plus England Athletics affiliation fee (£15.00) to remain unchanged was approved.

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

Welcome to a truncated Secretary's report. Covid has made the task of completing this much easier this year. Again, huge thanks to Alan Dolton for his record keeping and news reports and to Ally Whitlock for transferring these to the website.

It's also the time of year to remind you of the race results submission form on the club website. We're happy to record performance in the main road and cross country races that Striders compete. We do ask that if you want other performances noted then please use the form to record your race times.

#### **Cross Country**

#### **Women's Surrey League**

Our women's team had 23 competitors over the Surrey League season and finished a fantastic fourth in Division Two, two places better than last year.

The best individual performances came from debutant Jodie Gray, finishing 16th and 15th in races 2 and 3. Similarly Jenny Rowe finished 25th and 22nd in races 1 and 2. Both will be a big loss to the team next year as they have moved away. Special mention also to Jennifer Gutteridge who placed 23rd, 33rd and 57th in her three fixtures.

Congratulations to Ally Whitlock (50th, 49th, 54<sup>th</sup>, 28th), Nikki Javan (49th, 45th, 45th and 45th), Debra Bourne (68th, 73rd, 69th and 64th) and Jane Hughes (183rd, 169th, 198th and 188th) who competed in all four fixtures.

## **Men's Surrey League**

Striders men survived in Division Two finishing 7th of 9 teams and avoiding relegation by just over 50 points. In all we had 37 men compete across the four fixtures.

Easily our top performer was Alastair Falconer who had a consistent year finishing 9th, 11th, 9th and 3rd in the final fixture at Lloyd Park.

Special mentions to Krzysztof Klidzia. Matt Stone and Simon Ambrosi who also competed and scored in all four fixtures.

Individually, Krzysztof Klidzia won the overall over-50 category with Matt Stone second, while Robert Zietz won the over-60 age-group.

## **Switchback 5**

Our annual Switchback 5, as usual, was an opportunity for Striders to compete in force and for us to showcase our cake making. Jenny Rowe, Jodie Gray and Steph Upton swept the women's race, finishing 1,2, 3. Lee Flanagan finished in third place in the men's race and together with Matt Stone and Steve Corfield took the men's team prize.

## **Surrey Championships**

This year the Surrey took place at Denbies on a Sunday. Alastair Falconer ran very well to place 34th of the 199 finishers in the senior men's race. The men finished 12th in the team event. Striders' women were led by Jodie Gray who ran well to place 38<sup>th</sup>. They placed 14th in the team event.

In the under-13 boys' race Christopher Finch place 23rd of the 89 finishers with his younger brother Daniel Finch 72nd (11:49). Their elder sister Lucy Finch was 51st in the under-15 girls' race.

## **Road Racing**

### **Croydon Half Marathon**

Just before lockdown on the 15<sup>th</sup> March Striders of Croydon hosted the tenth annual Croydon Half-Marathon. The race was won by Daniel Gaffney of South London Harriers in a new course record of 70 minutes 47 seconds. There were a total of 260 finishers.

The first Strider to finish was Alastair Falconer who placed fourth in 76 minutes 57.

Rachel Lindley had an excellent run to be the first woman to finish in 85 minutes 54

## **Male racing and club records**

At the Woking Half Marathon on 8th March 2020 Alastair Falconer (1:13:39) pipped Simone Luciani (1:13:43) placing them 5th and 6th in the club all-time records.

Dave Shaw broke his own club v55 marathon record in the Yorkshire Marathon in October 2019, clocking 2 hours 50 minutes 31 seconds. He also broke the club v55 half marathon record in February 2020 at Hampton Court in 1:21:10

In the Folkestone Half-Marathon in October, Keith Simpson ran well to win the over-70 category in a new club age-group record of 1 hour 50 minutes 42. Then in November Keith finished first in the over-70 age-group in the Thames Meander Marathon, setting a new club over-70 record of 4 hours 09 minutes 07 seconds.

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

Rachel Lindley was the fourth woman at the Chester Marathon in October, setting a new club over-35 record of 3 hours 06 minutes 02 seconds, and lifting her to second place in the club's all-time women's rankings.

In the Ashby Mile organised by Croydon Harriers in March 2020 at Croydon Arena, Lorraine Hunte set a Striders W65 record of 7 minutes 38.3 seconds.

### **Parkrun**

On the 2<sup>nd</sup> November 2019 Kevin Burnett became the first Strider, and 86<sup>th</sup> parkrunner, to complete 500 parkruns when he finished first in the over-80 age-group at the Hoblingwell parkrun.

On the 4<sup>th</sup> July 2020 Susan Haynes became the first Strider to complete a parkrun since the coronavirus lockdown in March. She competed in the Lower Hutt parkrun in New Zealand. Susan was the fourteenth woman to finish, placing 84<sup>th</sup> out of a total of 227 finishers

### **100 Marathon Club**

At the end of November Debra Bourne joined the 100 marathon club by completing the Nottingham marathon in 3:56:54. Congratulations!

### **Track and Field**

Sandra Francis won two gold medals at the South of England Masters Indoor Championships at Lee Valley in February. She won both the W60 long jump (3.01 metres) and the 60 metres (10.57). Alan Dolton won bronze in the M60 1500 metres (6:46.08).

In March Sandra won two bronze medals in the British Masters Indoor Championships at Lee Valley. She placed third in both the W60 long jump (2.98 metres) and the 60 metres (10.72 seconds). Lorraine Hunte was fifth in the

W65 60 metres, recording 10.77 seconds, gaining an impressive age-grading of 86.62 per cent.

With the return to track competition, post lockdown, James Rhodes has publicised the club vest around the tracks of South London, into Europe (Utrecht) and on Twitter! He has had a string of PBs from 400 (58.86), 800 (2.09.45), 3000 (9.58.64) to 5000 metres (16.50.91), encouraging other Striders to join him as the return to competition increases. He'll probably update beat these by the time of the AGM.

### **Trail Ultras**

#### **Wendover Woods 50**

In November 2019, three Striders' women completed the Wendover Woods 50-mile trail race, led by Ally Whitlock who was the 10th woman to finish, recording 12 hours 11 minutes 05 seconds. Rachel Lindley was the 15th woman (12:53:21) while Debra Bourne placed second in the W50 category (12:57:25).

#### **Vanguard Way Marathon & Half Marathon**

In August 2020 in one of the first post-covid races to take place Kara Boaks was first woman to finish, placing 13th overall in 4 hours 33 minutes 03 seconds. Rachel Lindley was the second woman to finish, placing 19th overall (4:45:03). Striders' men were led by Michael Davis who finished ninth (4:23:58), while Martin Filer was 18th (4:38:57).

Striders dominated the Vanguard Way Half Marathon. We had the first man, the first woman, and seven of the first nine finishers. Alastair Falconer gained an impressive win, finishing more than sixteen minutes ahead of his nearest rival in 91 minutes 05 seconds. Niamh Vincent was the first woman to finish, producing an excellent run to place third overall in 1 hour 47 minutes 13.

#### **North Downs Way 100**

In the North Downs Way 100-mile race in August Debra Bourne was the fourth woman to finish, winning the W50 category, finishing 22nd overall in 24 hours 43 minutes 22 seconds. Ally Whitlock was the sixth woman, 48th overall (26:45:09), while Tatsuya Okamoto finished in 26:34:29.

### **Mob matches**

This year we had three mob matches.

The day before the Switchback 5, on the 28<sup>th</sup> September, Striders held a mob match at Lloyd parkrun against Dulwich Runners. Striders had 50 finishers against Dulwich's 26. Dulwich's quality shone through with them having the first four men all under 19 minutes and the first 8 women.

On the 12<sup>th</sup> January 2020 Blackheath and Bromley hosted their annual open 10km cross country against Striders and Beckenham Running Club. Striders had 20 finishers. They were led by Tatsuya Okamoto who placed third, completing

the 10-kilometre course in 40 minutes 51 seconds. Striders' women were led by Niamh Vincent who placed 35th overall (49:36).

In our annual match against Croydon Harriers, this year at South Norwood parkun on March 14<sup>th</sup>, Striders had 38 finishers, of whom 11 finished in under 21 minutes, while Harriers had 25 finishers, of whom seven finished in under 21 minutes. Using the 'Thornbury' method whereby all 63 finishers score, Striders won by 1186 points to 830. Scoring 23-a side, Striders won by 627 points to 454.

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## **7. Proposal to amend the wording of Club Rules 3 and 4**

The proposals to amend the wording of the following club rules were passed.

### **Rule 3**

The management of the club is vested in a Committee consisting of **Chair**, Secretary, Treasurer, Membership Secretary, Kit Officer, Social Secretary, **Communications** Officer, two Runners' Representatives and two Committee Representatives.

### **Rule 4**

Membership of the club is restricted to amateurs, as defined by the rules of UK Athletics. A candidate for membership must apply in writing on an application form. Membership must be authorised by the club **Chair**, Secretary and Treasurer.

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## **8. Election of Committee 2020/2021**

Hannah Luffman (Social Secretary) and Ally Whitlock (Communications Officer) were elected to the Committee.

We now have a female majority on the Committee for the first time in our history.

The full Committee is:

Chair: Tony Flowers, Secretary: Mick Turner, Treasurer: Ruth Pearson, Membership Secretary: Simon Webster, Social Secretary: Hannah Luffman, Kit Officer: Nikki Javan, Communications Officer: Ally Whitlock, Runners' Representative: Michelle Klein, Runners' Representative: Peter Johnson, Committee Representative: Michael Smaldon, Committee Representative: Beatrice Schaer.

## **9. Items for discussion**

There were no formal items for discussion raised.

## **10. Announcement of Trophies & Awards**



The following categories were voided for 2020 due to Covid 19. Road Rankings, Age Graded Road Rankings, Owen Trophy, Goodall Trophy (Road Handicap), Jamieson Trophy (Off Road Handicap), Track & Field Ranking, Triathlon.

Congratulations to the following as we were able to announce the following awards:

### **Women's Cross Country 2020**

1. Ally Whitlock
2. Nikki Javan
3. Debra Bourne

### **Men's Cross Country 2020**

1. Alastair Falconer
2. Krsysztof Klidzia
3. Matt Stone

### **Sandilands Cup 2020**

- 1= Steph Upton & Matt Stone
- 3= Andy Perks & Steve Corfield

### **2020 Recognition Awards**

In lieu of the Striders Man & Woman of the Year the Committee recognised the following for their contributions during the 19/20 year.

#### **Mike Smaldon**

For his work as our Covid Compliance Officer, getting our Risk Assessments in place and sourcing and distributing our covid compliant run leaders' kits.

#### **James Burree & Ally Whitlock**

For putting the processes in place for our return to club running and managing the routes and sign up process. This is a difficult task anyway but with additional challenges with the current guidelines in place.

## **Hannah Luffman**

Hannah has been recognized for setting up online yoga classes, her collections for Evolve housing and for setting up Learn & Support skills sharing efforts.

## **Lyes Fridi**

Lyes's early lockdown quizzes were a highlight for me and we thank him for his time in setting these up.

## **Chris Morton & Simon Ambrosi**

For their work in managing the speed sessions, our first return to running following lockdown. Chris, also, for his series of virtual challenges and encouragement during lockdown – he gave us motivation to run when needed most.

## **Andy Perks**

Not to be forgotten we'd also like to recognise Andy for his efforts during the XC season last year. Managing teams and multiple entry systems is a thankless job so thank you.

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## **11. AOB**

Debra Bourne spoke about carrying out a new club survey. The last survey was held two years ago. TF agreed to take this back to the Committee.

Peter Johnson spoke of a potential Couch to 5k to promote community inclusion among other things. Tony Flowers agreed that this was do-able but needs commitment from leaders within club.

Croydon Arena's closure was noted. Mick Turner reiterated Striders support for Croydon Harriers efforts in regaining access to it.

There was a short discussion around diversity and inclusion in the club. The issue had been raised by an email from Rachel Lindley to the Chair and Secretary. Hannah Luffman stressed how important it was that any action/direction and initiative from the club/Committee needs to include relevant club members. Tony Flowers agreed that this would be a priority for the 20/21 year.

The AGM was concluded at 8.50pm

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