

Striders of Croydon 2019 AGM Minutes

Sandilands Club Bar - Wednesday 25th September 2019

1. Welcome & apologies

Tony Flowers welcomed members to the AGM.

Apologies for absence - Kevin Bannister, Bill Beattie, Ian Campbell, John Gannon, Katherine Selby, Barry White, Selena Wong,

2 & 3 Agree minutes of the 2018 AGM

No matters or issues raised

Minutes approved

4 Chairman's Annual Report – Tony Flowers

A busy and varied year for me personally following on from Robin and his many successful years as your club Chair. We have also welcomed four new committee members this year.

As Robin has said before me, 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. None of which would be possible without all of the many and varied volunteering roles that you continue to do.

Membership is a little down at the time of writing with 337 names on the list compared to 362 last year) with 267 first claim against 324 last year.

Thank you to all the current members of the committee, Mick Turner, Ruth Pearson, Lyes Fridi, Nikki Javan, Beatrice Schaer, Simon Webster, John O'Mahony, Michelle Klein and Michael Smaldon for all of their work in keeping the club running.

Special thanks to Jess Mills and Krzysztof Klidzia who are both stepping down from the committee after several years of valued contribution.

Also special thanks to Andy Elliott, who is stepping down this year as the women's Cross Country manager. Andy took over this role at short notice in 2015 and he has put a lot in to organising events and encouraging our runners and he will be much missed.

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 run leaders.

Thanks as always to Alan Dolton, Chris Morton and Simon Ambrosi for their planning, encouragement and coaching of our speed training sessions.

Thanks to Graeme Drysdale for taking on the recording of Striders race results, road rankings and Owen Trophy placings and to Ally Whitlock and Michael Davis who have taken on the responsibilities for maintaining, updating and developing our club website.

Until earlier this year there had been a disparity between the number of men and women recorded in our all-time records for 10k, 10 mile, half marathon and marathon times. This was due to various and historic reasons which I detailed to the club earlier in the year. This year the women's all-time records have now been updated so that they are in line with the men's and my thanks again to Alan Dolton for all of his time involved in updating our records.

Club members welfare and safety will always be of the utmost priority to me. We constantly aim and expect to create an inclusive, safe and enjoyable environment for all members to feel able and comfortable to participate in club events and to feel comfortable in either challenging inappropriate behaviour or raising issues and concerns with fellow club members, one of our welfare officers or a committee member. My thanks once again to the club Welfare Officers, Stuart Hills and Selena Wong for being there and being available.

We started this year with our annual Switchback 5 xc event and thanks to Debra Bourne and to Mick Turner for their usual organisation. And thanks of course to all our cake-bakers!

Myles McCarthy did a fantastic and very popular job in organising and updating our spring marathon routes schedule and helping to lead these events.

The Christmas Social was a great success this year being held at the clubhouse.

As it now starts getting colder on a Wednesday evening I'm sure we will all be increasingly grateful for the new enclosed hallway at the clubhouse! I still pinch myself at the completely different clubhouse facilities we now have compared to only a few years ago.

This year saw a big change in personnel for organising the spring Croydon Half Marathon. We needed a whole team to replace Robin, who had organised this event from it's very start. James Burree did a fantastic job leading our new team and the event was a great success. We decided for the first time to have the bar open all day from registration to the awards ceremony and beyond and this proved to be a great success with the bar busy all day with runners from all clubs and their families and friends. The day overall was a great advertisement for Striders and for the Sandilands venue.

This year we also joined our Croydon Harriers colleagues in providing a longer distance speed endurance session at Croydon Arena on Thursday evenings which is also providing a real opportunity to mix with like-minded Harriers and strengthen ties between the two Croydon clubs.

As usual you volunteered in numbers for the Lloyd Park Race for Life in July and for which the organisers are always very grateful for our many years of experience in supporting this event.

A little later than planned due to a general election getting in the way, we finally in conjunction with Croydon Council officially marked the introduction of the Wayfinder Posts to Lloyd Park, Addington Hills, Littleheath Woods and Croham Hurst. Three connected routes starting and ending in Lloyd Park. We had a promotional event to mark this and printed leaflets with maps and directions are now available in the Lloyd Park Café and various other community areas in the borough. A lot of work went into this and I hope the council see fit to keep on printing these leaflets and promoting the benefits of walking or running these routes to the wider community. The legacy of these routes is down to John Gannon who came up with the original proposal to the council and saw this

through. Katherine Selby contributed so much of her time and experience in promoting this event and getting the printed leaflets just right.

Thanks also of course to Katherine for her consistent run-leading this year and the positivity, encouragement and support that accompanied it.

While the spring marathons remain a yearly focus point many of our club members are increasingly entering and training for autumn marathons. This year we introduced a full Sunday autumn marathon training schedule and my thanks to Hannah Luffman and all the other run leaders involved in planning this and making it happen.

On a sadder note, this year has seen the end of our yoga classes Once so popular, regularly attracting 30+ members of a Tuesday evening.

Overall a year of significant change in a number of areas but one that I feel that has collectively been a positive one.

5 Statement of Account & Balance Sheet

The balance sheet and summary was presented by Tony Flowers in Ruth Pearson's absence.

In the accounts to 31st August 2019, the net cash position was a small outflow of £228.

The main drivers for this are:

- loss on the Yoga classes which has now ceased
- first aid training course earlier in the year

Of the events this year, CHM had nearly £10,000 Income from Entries. As such the club has been able to make donations to date of over £4,000 (the accounts show £3,984 but this excludes a £250 cheque which has now been cashed). Switchback made a small profit due to no spend on mementos.

Other notable areas are:

- The Club Kit has also made a profit due to running down of old stock.
- Swimming was net £330 outflow but this is due to timing of paying for pool hire and receiving income from swimmers and Croydon Amphibians.
- Membership income was £279 lower than last year which has also reduced Affiliations to England Athletics which was in this year shows £850 reduced but half of this was because of a late claim for repayments of the affiliation fee

6 Membership fee for the 2019/2020 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.

7 Annual Secretary's Report – Mick Turner

This summary of the past year wouldn't be possible without the record-keeping of Alan Dolton, so huge thanks to him for keeping track of Striders achievements over the year.

I'd like to thank everybody who has worn the Striders colours over the past year. There are many opportunities to do so and in the coming year we're going to encourage more of this.

I'd also like to plug the race submission form that is 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

Surrey Cross Country League

Illness, injury and unavailability led to a difficult year for our men's team in our first ever year in Division One of the Surrey League. We were relegated finishing at the foot of the table. Despite our performance we enjoyed our foray with the big boys. A highlight for me was performing in a torrential downpour in the second race at Wimbledon Common. The race was won by Alex Yee, the international triathlete.

Special mention goes to Alastair Falconer (77th, 92nd, 118th and 118th), Andrew Aitken (104th, 139th, 120th and 100th), Lee Flanagan (110th, 137th, 137th and 123rd), Matt Stone (118th, 169th, 162nd and 129th). They competed and scored as the top ten Striders in all four fixtures. In all we had 38 men compete in our historic year.

Our women's team had 27 competitors over the Surrey League season. They finished sixth in Division two, one position better than last year. Like the men it was a challenge to have our faster runners available for all four fixtures. Key performers across the four fixtures were Steph Upton (45th, 68th, 49th and 35th) and Laura Fell (73rd, 101st, 59th and 45th). Jemma Zakariyyau finished 14th and 31st for the first two fixtures but was unavailable for the final two races. Other notable performers were Jenny Rowe (39th, 57th, N/A, 23rd), Nikki Javan (N/A, 45th, 44th, 44th) and Gemma Halliday (N/A, 116, 84, 98).

Switchback 5

Our annual Switchback 5 kicked off the cross country season. Striders had six of the first seven finishers with Alastair Falconer, Lee Flanagan and Krzysztof Klidzia finishing in the top three. Jemma Zakariyyau finished third in the women's race in 34:40.

Surrey Championships

In the Surrey Cross-Country Championships at Lloyd Park on 5th January Rachel Lindley came 21st of the 138 finishers in a time . Our women placed 12th in the team event with Jenny Rowe 69th, Niamh Vincent 70th and Laura Fell 95th . Striders men also finished 12th. Tatsuya Okamoto finished 78th of 241 finishers. Krzysztof Klidzia was 86th, Lee Flanagan 91st and Tom Lawson 11st. Christopher Finch was 33rd of 93 finishers in the under-13 boys race, with Lucy Finch 6 qst in the under 15 girls race.

National Cross Country Championships

Two members of Striders of Croydon finished in the top half of the field in the English National Cross-Country Championships, at Leeds on the 23rd February. Andy Perks placed 890th out of more than 2000 finishers, completing the undulating 12-kilometre course in 48 minutes 34 seconds. Luke Burden was close behind, placing 902nd in 48 minutes 42. This is something that I like to encourage – more away days at the Nationals when they are not at Parliament Hill.

Road Racing

Surrey Road League

In the Surrey Road League which comprises race distances from 5K to Half Marathon distance over the spring/summer our women's team finished 9th and men's team 13th. Pride of place goes to Jemma Zakariyyau who placed second in the senior women's table – more of Jemma later.

Male club records

For the second year running at the Chester Marathon on 7th October Dave Shaw set a club over 55 record of 2:57:24. At the same race Geoff Pennells broke the over 60 record in 3:28:04.

At the Maidenhead 10 mile road race on the 19th April 2019 Krzysztof Klidzia set a club M50 record of 59 minutes 18 seconds becoming the oldest Strider to run 10 miles in under an hour.

At Battersea Park on the 20th April Matt Stone set a club M55 10K record of 37 minutes 25 seconds.

Steve Corfield set a new club M55 record at the Dorking 10 mile road race on 2 nd June 2019 of 1:05:53.

In the Kent Coastal Half-Marathon at Margate on 1st September, Keith Simpson set a new over-70 club age-group record of 2 hours 03 minutes 02 seconds.

Women's club records

At the Manchester Marathon on 7th April Maria Gabriel set a club W50 record of 3:49:37. Maria followed this at the Ranelagh Half Marathon on 5th May with a W50 record of 1:46:32.

Other notable performances

Jemma Zakariyyau has had a superb road year. Her time of 1:29:01 at the Amsterdam Half on the 8th October 2018 placed her sixth in our all time women's rankings. 3:17:16 at the London Marathon placed her 7th in the all time women's rankings. She also placed seventh on the all time 10K list with 40 minutes 39 seconds at the Richmond 10K on the 16th June. Finally on the 23rd June she had another excellent run in the Harry Hawkes 10-mile road race recording 69 minutes 20 seconds, which lifted her to eighth place in Striders' all-time women's rankings.

Niamh Vincent 3:29:12 at London , Lottie Nusca 3:32:55 at Manchester and Marianne Chua 3:35:38 at Edinburgh also set times to place them in the top 20 all time Striders marathon performances.

Andrew Aitken's time of 58:38 at the Maidenhead 10 mile race placed him 16th on our all time charts.

Croydon Half Marathon

Andrew Aitken ran well for the first ever home victory in the Striders organised CHM. He recorded a time of 1:18:49. The women's race was won by Julie Pickering in 1:32.54 – one of the many Mornington Chasers taking part. Niamh Vincent, the first Strider, was the fourth woman to finish in 1:36:58.

Track and Field

An annual thank you to Andy Elliott for managing our Southern Veterans team. At the end of the season the men's team finished second in the South London Division for the first time in the club's history. Striders women's team finished 5th out of 8 teams.

Club records

Women's mile Rachel Lindley 5.30.01 at Croydon Arena on 8th July.

The following club age group records have also been set:

M45 Lee Flanagan Mile 5.11.2 at Croydon in July

M55 Steve Corfield Mile 5.24.2 at Croydon in July, Neil Riches Shot 7.51 metres at Croydon in July

M80 Kevin Burnett threw a club age-group record of 17 metres 76 at the Herne Hill Open Meeting at Tooting Bec. This placed him tenth in the British rankings for the year. He also set a new club age group record of 4 metres 86 in the shot.

W55 Linda Daniel 400 Metres 87.8 at Croydon in July.

M60 Jon Dean Long Jump 4.02 metres at Wimbledon in April

W65 Lorraine Hunte Mile 7:44.8 at Croydon Arena in February, 100 Metres 18.1 seconds at Wimbledon in April, 200 Metres 38.5 seconds at Ewell in May

Sandra Francis also continued her masters medal haul this year. At the South of England Indoor Masters at Lee Valley on 19th February won gold in the W60 long jump and silver in W60 hurdles. She followed this at the British Masters Indoor Championship at Lee Valley on 9th March where she won a bronze medal in the W60 long jump, recording 3.37 metres. She continued this form into the outdoor season and won a bronze medal in the W60 long jump in the British Masters Championships at Birmingham in August, recording 2 metres 99 in wet and windy conditions.

Three of the oldest members of Striders of Croydon won medals at the Surrey Masters Track & Field Championships, at Kingsmeadow on the 2nd June. Sandra Francis won gold in the W60 200 metres (37.85) and long jump (3.35), and also took silver in the 100 metres (17.31). Striders' oldest competitor, 79-year-old Kevin Burnett, won three gold medals in the M75 shot, hammer and discus, while Alan Dolton took silver in the M60 800 metres (3:02.89) and 1500 metres (6:25.23).

Ultras

The interest in ultras continues to grow within the club. Previously the domain of a few, more and more and more Striders are being enticed into the crazy ultra world. We recognise this interest and thank those who organise training runs and offer, much sought after, advice. The club magazine is a great resource if you're thinking of undertaking an ultra. There are a few short articles in there which will inspire you!

Debra Bourne has had a great season. She finished first in the W50 category at The Devil's Challenge 3-day, 97-mile ultramarathon along the South Downs Way, the North Downs Way 50 mile race (9:42:21) on the 18th May, the Wendover 50K on 12th July in 7:10:11, the Lakeland 50 mile on 27th July in 12:26:44 and in the Ridgeway 86 mile race on the 25th August in 22:39:54. She also completed the South Downs Way 100 mile race on 8th June in 25:17:12. All that as well as completing ten 50K races in ten days. She deserves the weighty medals for that lot!

Other ultra feats this year

Rachel Lindley was the fifth woman to finish the North Downs Way 50-mile race in May recording 8 hours 39 minutes 48 seconds. On 6th April Rachel Lindley was the seventh woman to finish the South Downs Way 50-mile race, placing 54th overall in 8:36:21.

Ally Whitlock completed her first 100 miler at this year's SDW 100 in 27:34:35 in June. Ally's write ups and photographs could even inspire me to an ultra. She also completed the SDW 50 in 8.50.31 as 10th woman home.

Myles McCarthy completed the Thames Path 100 miler in 26:16:28 - I particularly loved Myles's tip to tell as many people as possible about the challenge to lessen his risk of DNfing.

I also know a few of us were captivated by following Tad Okamoto's experience at the NDW 100 miler in August. He started like a train, remaining in the top 50 until well into the race until suffering to a finish in 29:34:08. Hats off to all of them.

Multisports

At the ninth annual Striders triathlon championships at Trinity School on Thursday 22nd August the winner was Matthew Stone, who recorded the fastest time in both the swimming and the cycling. The first woman was Steph Upton.

Mob matches

The sixth annual 'mob match' between Striders of Croydon and Croydon Harriers took place on the 9 th March. This year's match was held in conjunction with the weekly South Norwood parkrun. 60 Striders and 42 Harriers took part. Harriers had 19 runners finishing in under 21 minutes, whereas Striders only had 15. However, Striders had a further 23 runners finishing between 21 minutes and 24 minutes, whereas Harriers only had ten. Striders had a total of 47 runners finishing in under 28 minutes, while Harriers had 35. The result was that Striders won the match by 2907 points to 2346.

Relays

Thanks, as always, to Darren Woods and James Burree for organising our Beckenham and Dino Dash relays this year. Striders' women placed second in the Beckenham Relays in May. Rachel Lindley ran the first leg in 15 minutes 21, which was the fastest women's time of the day. She was followed by Jemma Zakariyyau (17:30) and Steph Upton (18:26). Striders' men's team of Martin Filer (15:14), Lee Flanagan (15:01) and Tom

Lawson (15:42) placed 16th out of 119 teams. Striders' men placed third out of 28 teams in the Dino Dash Relays at Crystal Palace in June. The team comprised Martin Filer (10:57), Luke Burden (10:41) and Lee Flanagan (10:39). Their women's team of Jenny Rowe (12:55), Lottie Nusca (12:50) and Marianne Chua (12:45) placed fourth out of 23 teams.

East Surrey League

Two Striders won their respective age-groups in the East Surrey League for 2018/19. Andy Perks won the over-40 age-group, while Krzysztof Klidzia won the over-50 age-group with team-mate Matthew Stone placing second. In the final league table Striders' men placed third, while their women were fifth out of the eight clubs in the league. This is a great, low-key introduction to representing Striders so look out for the first cross country fixture.

Road Handicap (Goodall Trophy)

Congratulations to our top three of Vanessa Wheeler, Christopher Metcalf and Simon Webster.

Off Road Handicap (Jamieson Trophy)

Congratulations to our top three of Bill Beattie, Christopher Finch and Lucy Finch.

I've highlighted performances at the front of the pack but the joy of competing in club colours, amongst colleagues and friends, can push you to the best that you can be. You will get support on the course and your times will improve. It's a fact!

8 Election of Committee 2019/2020

Proposed Committee position was agreed

Runner's Representative – Peter Johnson

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** – Michelle Klein, **Runners' Representative** – Peter Johnson, **Kit Officer** – Nikki Javan, **Committee Rep** – Beatrice Schaer, **Committee Rep** – Michael Smaldon

9 Discussion

Tony Flowers announced that on 9th October Benard Rotich, an elite Kenyan athlete would be joining the club run and taking part in a Q&A afterwards in the club bar. Thanks to Rachel Lindley who will be hosting him.

Nikki Javan was present selling club kit and promoting the new club kit shop

<https://justalittlebit.co.uk/product/striders-of-croydon>

10 Presentation of Club Awards.

Women's Road Ranking

- 1. Jemma Zakariyyau**
 - 2. Niamh Vincent**
 - 3. Nikki Javan**
-

Women's Age Graded Road Ranking

- 1. Jemma Zakariyyau**
 - 2. Nikki Javan & Niamh Vincent**
 - 3. Debra Bourne**
-

Women's Cross Country

- 1. Steph Upton**
 - 2. Laura Fell**
 - 3. Jenny Rowe**
-

Women's Track & Field

- 1. Sandra Francis**
 - 2. Rachel Lindley**
 - 3. Michelle O'Mahony**
-

Men's Road Ranking

- 1. James Bennett**

2. **Andrew Aitken**
 3. **Tatsuya Okamoto**
-

Men's Age Graded Road Ranking

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

Men's Cross Country

1. **Alastair Falconer**
 2. **Andrew Aitken**
 3. **Lee Flanagan**
-

Men's Track & Field

1. **Paul Cripps**
 2. **Lee Flanagan**
 3. **Jon Dean**
-

Road Handicap

1. **Vanessa Wheeler**
 2. **Christopher Metcalf**
 3. **Simon Webster**
-

Off Road Handicap

1. **Bill Beattie**
 2. **Christopher Finch**
 3. **Lucy Finch**
-

Sandilands Cup

1. Nikki Javan

2 Laura Fell

3. Krzysztof Klidzia

Women's Triathlon – Steph Upton

Men's Triathlon – Matt Stone

Man of the Year – James Burree

Woman of the Year – Ally Whitlock

11 Thank You

Thanks were expressed to:

- Andy Elliott for his work as the Women's Cross Country Manager
 - Krzysztof Klidzia, & Jess Mills for their work on the Committee.
 - Our ever helpful barmaid, Tracey.
-

Gifts were presented to Andy, Jess and Tracey who were present on the night.

The meeting concluded at 9.40pm
