**Saltaire Striders**

**Annual General meeting**

11th November 2021 at 8.15

Caroline Street Club (and viewable on Zoom)

1) Apologies for absence

There were 50+ members present (including Zoom)

Apologies were received from Suzanne Hague Richard Stone Steve Fowler Tim Mosedale Darren Parker Nicola Willoughby Gillian Hyde Josie Briggs Fiona Farquhar Lindsay Pearson Kerry Wood Mick Jones Alice Lilley Louise and Ali Nash and Nick Brear

although some of these were watching on Zoom

2) Minutes of the last AGM 25th November 2020

Were accepted as a true record

3) Election of officers

The Secretary (Alun Griffiths) reported that there had been only one nomination for some posts so the following had been elected unopposed:

Chair Ewan Gibb

Treasurer Tim Mosedale

Membership Martin Fillingham

Communications David Bower

Male Vets Captain Andy Brown

There had been no nomination for the post of John Carr Chair so nominations were opened at the meeting in accordance with the constitution. Richard West was nominated and elected unopposed.

Alun explained that as Ewan would be resigning from the role of Social Secretary this post would become vacant and would be filled by cooption in accordance with the constitution.

There had been 2 nominations for the post of Ladies Captain, and a ballot had been opened as laid out in the constitution, with a number of votes having been received by email. Before the ballot was continued at the meeting a member (Will Kerr) stated that he felt the ballot should be open to all club members, not just women and spoke giving his reasons. The secretary advised that he did not believe that the ballot could be extended to all members at this point as it was already underway under the rules in the constitution. It would be possible for the meeting to agree to suspend the ballot, after which the constitution could be changed by agreement at an EGM and a new ballot held under any new rules.

After some discussion the meeting voted to continue with the ballot as currently constituted. Some members requested that the committee discuss this issue and bring a constitutional amendment to a future EGM to be decided on by the club. The Secretary committed to do this.

The ballot was then completed and Claire Thaper was elected to the post of Ladies Captain.

4) Treasurers Report (Year to 31/3/21)

The treasurer was unable to be present due to work commitments and there was no report. One will be circulated to all members as soon as possible.

5) Chairmans Report

The Chair (Rachel Parker) Gave her report:

I don’t know how many Catholics we have in the club, but in the 70s there was a Pope that ruled for a long time, who was replaced by another Pope who didn’t really hang around very long. 33 days in fact

This is pretty much my position as Chair. I took over from Mike who had been chair since the dinosaurs walked the earth and sadly only managed to stay a short while

So, this is my report from Nov 2020 to August 2021

After the last AGM, which you will remember was Zoom only, no sandwiches, but probably still plenty of wine, things were quiet for the club. There was no Christmas do to look forward to, no PECOs to attend. The first and most significant thing for the club was getting the female captain to do her first post-partum run, so when Erin was six weeks Captain and Chair went for a run and did not parkrun, complete with gurns. Nature was healing.

Covid meant we could not have a Christmas night out, but Ewan organised a virtual Christmas quiz. 2020 was the year of the lockdown quiz which were always well attended, and this was no exception. With the prize being wine and chocolate, the stakes were high, and it was very competitive, I won’t say who won but she may be standing not a million miles away from you

Ewan also organised a fun Saturday run a few days before Christmas where in striders took to the street of Saltire in a socially distance fancy dress flash mob. Jingle bells, stripey tights and antlers galore with Ewan giving out yet more chocolate (are you just a feeder Ewan?) like the happy Christmas elf that he was

In the absence of any races, the height of winter coincided with more virtual races and Sheila Pepper, Heather Bayliss and Sheila Bugg were more people to complete Land End John O Groats 874 miles over the year. These challenges kept people motivated, a medal is a medal however you earn it.

January started full of optimism but by the 4th things were to change. That Monday night it’s fair to say Noah was out building his ark, such was the nature of the rain, but most of us knew lockdown was about to be announced that night and out of sheer bloody mindedness many of us attended the last club training run for some time as we knew it was out last chance. Rumour has it Noah took a pair of Striders into the ark that night with the rest of the animals. We never worked out which two.

I can’t remember when we came out of lockdown and couldn’t bear to have to trawl official website to find out, but by spring some sense of normality was returning, and races and training were happening again.

Once racing began again, people really took the bull by the horns and did some crazy distances. Bernie Bowden did her first ultra and won SOTM for her 34-mile trot. Rob Henderson won SOTM for completing Bob Graham round unsupported, for those not familiar with Bob Graham it’s the equivalent of 21.29 park runs back-to-back but whilst climbing Kilimanjaro with only some Kendal mint cake for company. It’s a bit tough. I think he may have won a Blue Peter badge as well as SOTM.

(More to come about silly distance runs later)

Speaking of stamina, Noel Fitzpatrick won SOTM for running every day for a year as he promised his daughter that he would, and as we all know you cannot break promises made to a female or heaven forbid! Other winners included Jack Verity for his contribution to structured training as track was off, this benefited many in terms of building stamina and speed. David Leaf also won for setting a V70 5K club record in 24.02 (took 2 mins off previous record). And lastly and by no means least, our well-loved Craig Elliot won in Sept for helping a stranger in distress at Leeds Half marathon (a half which he calculated as being 18 miles when he added on his extras!) As an aside I would like to add Craig has been a delightful newcomer to the committee this year in being chair of coaches, a role he does with precision, dedication, and passion. He really cares about getting it right and getting leaders for your runs and communicates this well on social media.

Other successes this year included the return of the BMW and the John Car race. Anthea was chair for BMW and carried out a blinder with this. There is a lot of organisations behind the scenes, risk assessing (with covid), managing and ordering water and mementos, first aid, volunteers. Starting the race was very emotional, I may have done a tear when we set the runners off. We were back hosting. This year had a record 63 teams enter; this increase was managed well. captain Dunbar will mention about overall results, but a mention goes to him and Chris Ireland for winning the prize for fastest leg 3. Feedback was very good at ground level from other competitors

The John Carr was also another welcome return that Andy Brown organised with his trademark enthusiasm and aplomb, Donna was also a big help with volunteer organisation and coordination and there was so much amazing feedback about how good the marshals were. The course record was smashed in 15.52 by Dan Garbutt, he trains with a couple of local lads, you may have heard of them, The Brownlee’s, apparent they too have won Blue Peter Badges or something similar

After both these races the committee decided that we would become a green club and once current water bottle stock has run out, we will no longer be providing bottled water and competitors will carry their own fold up bottle which we will fill up. we see this as part of being a responsible running club

Other significant races that happened this year was as always, the Striders representation at London Marathon, some runners Craig Elliot, Debbie Moore did it for the 1st time and a total of 10 striders completed it. A Mention to Martin Fillingham for getting a PB in 2.46.42 (by 2 mins) he puts this down to not wearing magic shoes, no carbon plates for him, old tatty shoes all the way. (It is no coincidence that Martin’s continued improvement has a direct correlation with Captain Dunbar’s worry over defending his win in the Club Championships 😊…..)

Our own club marathon specialist Marcin Szoska ran VLM one week after smashing his marathon time at Berlin in 2.26.41. He puts his success and training regime down to being single. Wise man! His goal is sub 2.20 watch this space…

Stu will discuss more of the race success stories this year.

But we are more than a running club, we are a social club too and we saw the Return of The Red Lion (which sounds like one of those Skandi novel trios). Dairine worked tirelessly with Craig as chief encourager to get this working. I don’t know how many people attended in the end, but there was much enjoyment of runs and good food. A hot summer’s night and good beer, what’s not to love.

Our new social secretary will be filling our diary with the first being the Christmas night out 10th December, keep an eye on your emails.

Away from Striders, we kept out parkrun links strong. Alun and Anthea continue to RD and volunteer at Horton regularly. Striders were involved heavily in the Roberts Park dress rehearsal which was appreciated by Sam the ED. Most significantly Mike Moss has taken over as RD at Bradford parkrun since Linda Bussey left, talk about huge shoes to fill but fill them he has, and he is supported by Helen and Merv and Claire Fitz as regular RDs

In conclusion striders is about running, it is about racing, but it is about comradeship and support and volunteering. I may not run very much currently with the club, but I am a Strava spy and see the deep friendships that have grown out of running and see you go off in pairs doing crazy challenges and Sunday runs. Striders is very much about friendship

Speaking of good friends, a long-standing member and good friend to many has moved away this year. Mick Jones was one of the first batch of Striders when it was St Bede’s and is a good friend of Jack and Mike. He was always an advocate for the club, and it was his passion with Jack and Graham Eastell (the magic 3) that kept the club going when it was on its’ knees by recruiting members to run from the gym that is now Nuffield. We all owe Mick a lot, without his efforts there may have been no Striders anymore, and we could all have become Baildon Runners, think of that! Mick will be missed but promises to keep in touch. He doesn’t know Ewan has planned another striders flash mob to his house to take him to his local parkrun in Hampshire…..

On the subject of leaving, this year sees many people leave the committee, talk about a cabinet reshuffle

People who are out going who deserve thanks for their time, commitment, and attention to detail are Richard Stone, Merv Silva, Helen Brant, Jack Verity and lastly Martin Love. There is a lot of new blood coming into the committee and I know that this blend of old and new will give a new flavour to it, new ideas and new energy. Welcome to all the new members. I also hand over to Ewan (or as we now call him King of The Backyard Marathon, 114.89 mils in a day) as the next Pope, erm chair, it is a pleasure to know the committee is in safe hands. As always remember the committee is there to represent you, and if any of you want anything taking to committee meetings, feel free to let a committee member know, this is YOUR club.

A big thank you to all Striders for making our club what it is, you wear blue and yellow with pride and will always be the best local running club.

Thank you and stay strong and safe

Rachel

Outgoing Chairwoman

6) Membership update and 2022/23 fees

The membership Secretary (Mervyn Silva) presented his report:

We look at membership numbers and discuss membership matters during each management committee meeting.

During my time as membership secretary,  over the past 3 years, highest number of members we reached was 246 and that was at our 2019 AGM on Nov 28.

Membership numbers plummeted like everything else, during the pandemic and it went down to 149 in 2020 April during total lockdown a 40% drop.

And with the lockdown easing since the 2020 autumn and club runs restarting numbers began to rise - people had a reason to be a member.

With the return of races and the need to have England Athletics number to compete in them, and get discounts when entering them, demand for membership zoomed.

Today we stand at:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Membership Numbers |  |  |  |  |  |
| As on: | **11 November 2021** | | | **AGM** |  |
|  | **Competitive** | | **Non-competitive** | | **Total** |
|  | **Male** | **Female** | **Male** | **Female** |  |
| Full members | 111 | 88 |  |  | 199 |
| 2nd Claim members | 9 | 3 |  |  | 12 |
| Honorary members | 4 |  | 1 | 1 | 6 |
| Social members |  |  | 8 | 6 | 14 |
| **Total** | **125** | **91** | **8** | **7** | **231** |

a total of 231 (93% of our highest number, 155% growth during last 12 month from our lowest).

He proposed the recommendation from the management committee:

**That the Membership Fee for the year 2022/23 be unchanged at £30**

This was passed

8) Constitutional amendment

The secretary proposed the recommendation from the management committee to amend the constitution to clarify the categories of membership, and bring them in line with EA rules and terminology as follows (Additional words are in **bold**, words to be removed in ~~strike through~~.) :

## 4. Membership

All members will be subject to the regulations of the constitution and by joining the club will be deemed to accept these regulations and codes of practice that the club has adopted.

The minimum age for membership is 18 years. Members will be enrolled in one of the following categories:

* + Full member **with England Athletics Registration**
  + Honorary life member.
  + **Long Standing member (full or non-competitive)**
  + **Non-Competitive (Social)**  ~~Social~~ member.

A member who has given exceptional service to the club can be elected to Honorary Life Membership at the AGM, and will no longer be liable for membership fees. **The club will pay their EA registration if they wish to compete**

Any person who has been a paid up member of the club for 25 years (a long standing member) will pay a reduced subscription equal to their registration fee to England Athletics **if they wish to compete, but will have the privileges of a non competitive member at no charge.**

*(moved from section 5)*

## 5. Membership fees

Membership fees, to include any registration fee payable to England Athletics, will be set annually at the Annual General Meeting, taking note of the recommendation of the Management Committee.

The membership year will be 1st April to 31st March. Fees will be paid annually. Fees for continuing members are due before 31st March.

**A member joining during the year will pay a reduced fee as a non-competitive member, on a scale to be decided by the committee, but will be liable for the full England Athletics registration if they wish to compete during any part of the year**

~~Any person who has been a paid up member of the club for 25 years will pay a reduced subscription equal to their registration fee to England Athletics~~ **~~if they wish to compete, but will have the privileges of a non competitive member at no charge.~~**

(moved to section 4)

This was passed.

7) Captains’ Address

Stuart gave the report on behalf of the captains.

Because of Covid there was not much to report before June, and the main role of the captains was to motivate the members.

In June the BMWR returned and was a great success with a record entry and 3 teams from the club. The A team was 3rd overall, the B team - 7th overall/ 2nd vets and the C team was the 3rd placed mixed team. 42 Striders entered the Solstice Saunter and we had 7 age category wins

In July we had teams at Endure 24 and we were victorious at the Esholt relays

In August the John Carr 5K was held with 23 Striders competing and many helpers/marshals, and the Burnsall Trip was the first social event for over a year

In September the club voted to continue membership of Northern Athletics and we entered 2 teams in the 6 stage relays,. We could only manage one team for the CWR but achieved 11th position overall.

In October we made our debut at the Fell Relay competition and had many Marathon successes

And now in November the PECOs are back

He looked forward to the Christmas social events and into next year the National Cross country Championships, the NA 6/12 stage relays and the return of the Vets races

He noted that members had posted 13 new club records in the year

8) London Marathon

The Secretary reported that as the London Marathon will again be in October, and the Ballot results will not be out until Feb 2022 there would be no draw for club places at this AGM. Details and arrangements for the club draw will be circulated as soon as possible

9) Social events

The Social Secretary (Ewan Gibb) reported on the limited events that had taken place over the last year, and those that were planned. It is hoped that a club trip to the “Run Aintree” festival can be organised

10) Club Championship

Stuart reported on behalf of Tim Mosedale who has taken over the administration of the championship

The 2-year-long club championship is drawing to a close, with only 3 races left to go.  Across the 15 races we've seen more than 300 Strider performances, with 42 the record at the Solstice Saunter in the summer.

Current division leaders are Martin Fillingham (premier division), David Bower (first), and Donna Hector (second).

Donna Hector also leads the “personality” championship (based on helping at events and SOTM nominations.

From 2022 the club championship will run alongside the membership year, April 2022 - March 2023.  The schedule of races will be announced in the new year.

11) Open discussion

There was a short open discussion and opportunity for members to raise issues for the committee.

The captains raised the difficulty in getting teams together for events such as the CWR and 6 stage relays. Jen Willingham felt that part of the problem was all the races being squashed into the second half of the year. Graham D’Arcy felt that there was still a perception that you needed to be fast to join in. members were assured that this was not the case.

He also raised the possibility of holding a Christmas pub crawl/run.

Rachel Parker reminded us that we had committed to reducing single use plastic and asked that as supplies of eg race marking tape were used up we should consider greener alternatives.

the meeting was closed at 10.30 approx