



Saffron Striders Running Club

Saffron Striders Running Club AGM

Wednesday 13th December 2023 at 8pm.

Kings Arms Public House 10 Market Hill, Saffron Walden CB10 1HQ

Minutes

Present - 26 members:

Alistair Cooke	Linda Brett	Alan Jones	Claire Steel
Marco Arcidiacono	Ian MacDougall	Lisa Coles	Michael Bradley
Lyn Hudson	John Heaney	Iain Rogers	Tim McMahon
Nigel Coates	Yusuf Firat	Mark Fitzhenry	Dickson Clark
Mark Frow	Kerry Harrington	Iain Henley	Alan Taylor
Chris Dodge	Jamie Pettit	Thomas R	David Raimondo
Kate Poulter	Andrew Page		

1. Apologies of absence:

Fliss Tournant	Charlotte Diggins	Jo Dallas	David Tew
Margit Wendelberger James	Arthur Olivia	Claire Rooney	David Rooney
Rachel Everett	Liz Blower	Toby Lumsden	Lucie Heaney
Rebecca White	Graeme Loudain	Paula Thurston	Claire Crommie
Robert Shaw	Annabelle Crossman	John James	Tom Platts
Tony Kelly			

Alistair opened the AGM promptly at 8:00 and thanked everyone for attending. He confirmed that for the AGM to be quorate a minimum 10% of the club membership should be in attendance so with 26 of 180 members present it was a great turnout and the AGM could proceed.

2. Minutes of the 2022 AGM Meeting for approval:



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Minutes of the 2022 meeting were reviewed and no comments or updates were made to they were then signed off.

3. Matter Arising:

There were no matters arising from the 2022 AGM minutes.

4. Treasurer report on balance sheet and statement of accounts

Prior to the AGM Ian had circulated to all members of the club via Mailchimp a detailed copy of the Club and Race Accounts (sent on 18th November)

Chris Dodge asked what the hire costs were for the track at Carver Barracks. Alistair confirmed that the costs would be increasing next year to £80 (including floodlighting) from £65 and a Summertime rate of £60. He also quoted that the Arkwright sponsorship was a god send and there were still monies left in the kitty even after the T-shirt expenditure to fund future training vests and t-shirts.

Nigel Coates asks about the costs of hiring the Granta School for Winter Circuits. Alan Jones replies that he would get an update of the costs.

5. Committee Members reports:

Membership Officer

Claire Steele gave her report:

Total Membership and Changes YTD (at 30 November 2023)

- 9% net increase in members YTD, with total now standing at 183.
- 30 new members were registered during the quarter outside of Beginners course. This included 3 individuals that rejoined, having previously allowed their membership to lapse.
- Volumes of membership and trial requests experienced since the spring have been driven up by the advertising of the Beginners course and because people are becoming aware we are using the track at Carver on Thursdays.
- Renewals Process, 1 April 2023.
 - 2 members transferred to Saffron Striders as their First Claim club as part of the renewal process.
 - In total, 52 members did not renew their membership in April. Most responded to say they did not intend to renew, but c15 did not, allowing their membership to lapse – 2 of these subsequently reapplied during the year.
- Beginners Course 2023
 - The Beginners course attracted 43 members (+22 vs previous year), including 7 individuals who have attended previous course(s)/ been members before. (45 applications were originally received, however 2 did not start/continue with the course and did not make payment). A great success and well done to those leafleting and drumming up support in the market square!
- Average member age remains in the 45-50 range, with M/F split swinging closer towards an even split (53%/47%).



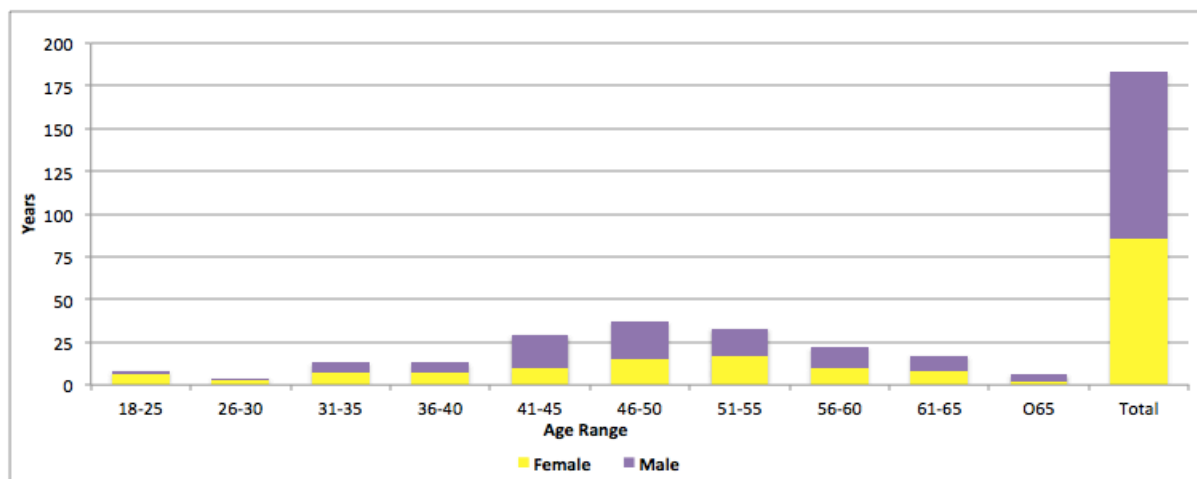
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Date Joined/ Segment	No. Members
Total 31 Dec 2022	166
Leavers/Lapsed	-56
New*	+30
New Beginners 2023**	+43
Total 30 Nov 2023	183

* Includes 3 individuals that rejoined, having previously allowed their membership to lapse;

** Includes 7 repeat Beginners (have completed the course in one or more prior years/ ben a member previously)

Membership Type	No. Members
First Claim	180
Second Claim	3
Total 30 Nov 2023	183



Trend Category	Nov-23	Dec-22	Dec-21	Dec-20	Dec-19	Dec-18	Nov-23 Var vs PY
Total Members	183	166	219	201	242	158	+17
Beginners Course	43	21	45	n/a	71	53	+22
Female	47%	43%	49%	43%	52%	No data	+4%
Male	53%	57%	51%	57%	48%	No data	-4%



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Average Age (Years)	48	48	46	No data	No data	No data	-
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Trialists

- 37 trial applications were received this year to date. Of these, 14 have applied for full membership.
- I took an action early in the year to follow up with trialists to ask for feedback, which I have continued to do periodically and shared any pertinent feedback received with the Committee. Where responses are received the feedback has been positive even if the individual has not decided to join the Club.

Governance

- 100% membership fees were paid as at 30 November 2023.

Membership Fee Payment Status	Total	
Paid	183	(100%)
Outstanding	N/A	(0%)
Total	183	

- As at 30 November 2023, the club's England Athletics Club Score stood at 7/7 (Green), with no outstanding actions required.
- Licensed coaches DBS and online safeguarding check status as at 30 November 2023:

UKA Qualified Coach	DBS**	Highest Qualification
Marco Ardiciacano	Current	CiRF
Michael Bradley	Expired	CiRF
Linda Brett	Current	LiRF
Jo Dallas	Current	LiRF
Mark Fitzhenry	Current	LiRF
Graeme Loudain	Current	Event Group
Iain Rogers	Current	LiRF
Paula Thurston	Current	LiRF

**Source: EA database at 3 December 2023

- Emergency contact details have been shared with the Chairman, Membership and Welfare Officers at regular intervals during the year.



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Mark Fitzhenry asked if we try and catch-up with members that do not renew? Claire explains that as their name comes off the database then unfortunately no. However, if their name is still on facebook pages then she can.

Mike asks Claire if any member asked for help through the bursary? Claire confirmed that she had received only 2 requests. Lyn asks about non-Tuesday runs and if there may be a way of including the Graduates from the Beginners course if they don't feel confident enough to come along to the Tuesday Night Club Run as they may not feel that they are good enough! The consensus was that a Tinsel run shout out would be a good starter point.

Coaching Officer

Michael Bradley gave his report:

Coaching Report 2023

Year started with a 13-week indoor circuit training session at Linton in the Granta school hall which was attended regularly by at least 15 members and was coached by myself and Alan using a variety of different sessions and always including Up Down Sally to finish the session out and a good warm up and lots of cool down stretching afterwards.

We then went into the Beginners course which started as always just after the London Marathon, and we distributed leaflets in Town the 2 weeks leading up to the course and gained a lot of participants from this. (A Bigger turn out of People to help would have been appreciated)

40+ beginners started the course with over 30 of them graduating at our 5K race @ Carver finishing on the running Track. They were all given a personalised T Shirt and a set of ICE tags, and I am delighted to say that some of them have developed into great club members and have been representing us in various club events and races locally.

At the same time as the beginners we also opened the track to existing members and offered a program of sessions on the track over the same 10 week period alongside the beginners, this I believe proved invaluable in letting the beginners see that we have a full range of abilities and capabilities within the club. This made it easier to encourage them to continue. Also a warm up lap talking to someone you don't normally run with was used to get people within the club talking to others.

These sessions have continued throughout the following months and we have enjoyed the benefits of the superb floodlit facilities, utilising various coaches and members of the club to run the sessions.

Alistair asks if there has been any hope of a replacement Coaching Officer within the Coaching Team, Mike reports that no one has come forward as yet and suggests that there should be a meeting with the Team asap to discuss.



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Nigel asks if there was a 'Plan' of weekly training notes if needed and Mike reports that a coach doesn't have to be a committee member to be a Coach and that he would consider handing over any notes he has should anyone need them.

Mike also confirmed that any member could guide/direct a session in the absence of any coaches, however for insurance purposes they should refrain from offering training guidance on running style or increased effort levels and instead view the session as merely a suggested running plan.

Alistair reminds everyone that if they were interested in doing either the CIRF or LIRF course that the Club would commit to 80% funding.

Communications Officer

Marco Arcidiacono gave his report:

First and foremost, as communication officer, I have to mention the enormous and extremely valuable work from the communication team:

Amongst other activities, particularly noticeable contribution also this year came from Mark Fitzhenry writing and distributing the newsletter and feeding news to the local newspapers. Chris Dodge should be also praised for the obscure work behind maintaining club's databases and updating championship tables.

... and last addition to the team: Tim McMahon, doing a great job updating the club calendar on our website.

On top of this we have distributed lots of updates and various communications using mailchimp and kept updating races results on the club DB. Better discipline is now in place for mailchimp email sender name, to avoid messages being caught in spam filters.

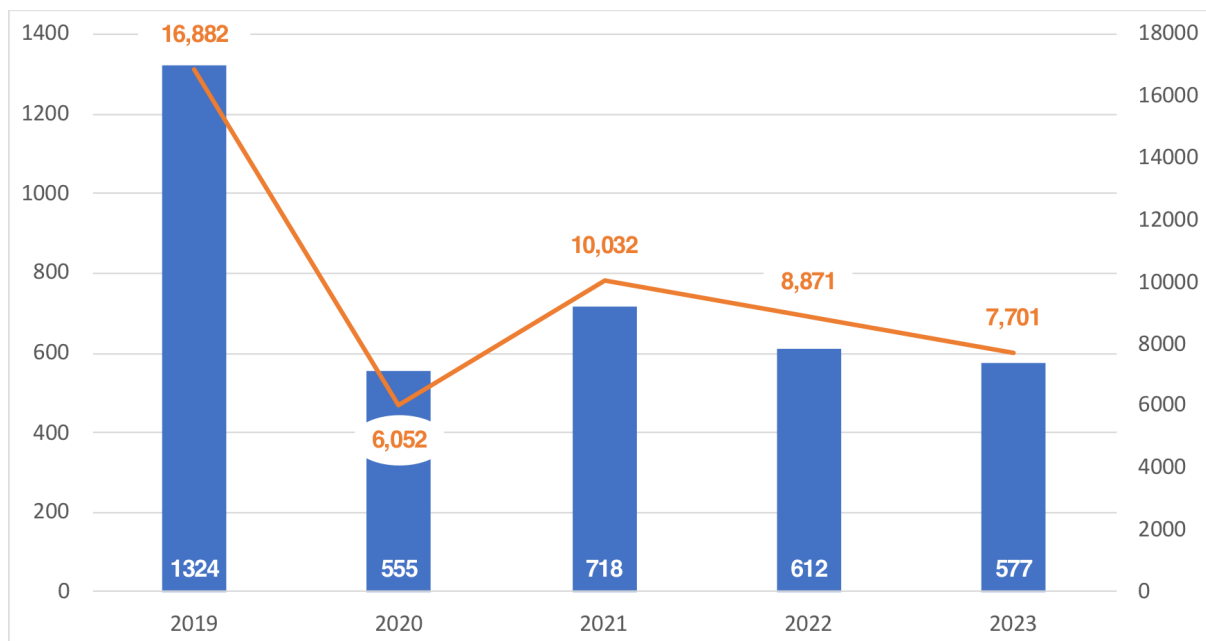
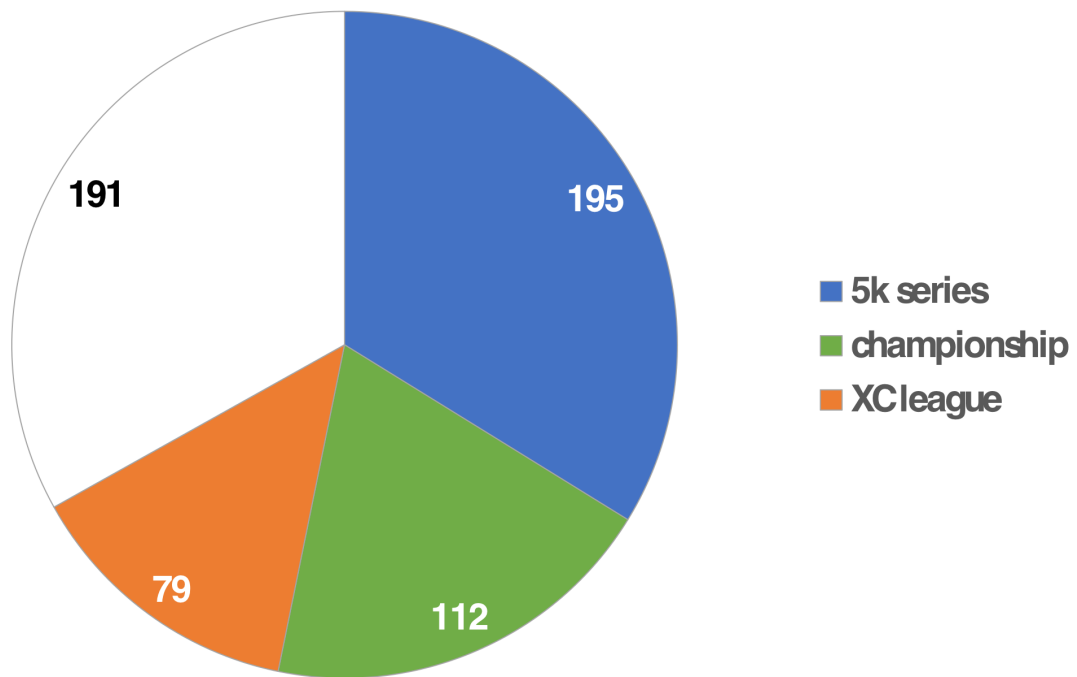
Detailed analysis of races data is reported below:

- In 2023 (to date) 577 Striders competed in races, covering in total 7,701km
- We are not far from last year's numbers (612 race attendances) and we still have a championship race coming up + several races on the calendar in the last few days of December, let's put a good effort to beat 2022!
- Most attended race was the 5k at Carver's Barracks, where 69 Striders crossed the finish line
- The 5k series was most popular, with 6 races in the top 8 most attended events and 195 Striders in total having completed one or more 5ks'
- Championship races have also attracted many Striders: 181 in total (112 + 69 in the SSRC 5k , which this year was also a championship race)
- Striders have also done fantastically, wearing the club colours at the XC league, with 79 of us having scored points in these events



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- Comparing race stats for this year with previous 4 years (2019 to 2023) shows a big impact from covid and post covid, Striders were significantly more active in races in 2019 (approximately twice more active than recent years!) this reflects bigger club size before the pandemic, but also a general decreasing trend in races attendance (this analysis does not include parkruns, as they are not captured in





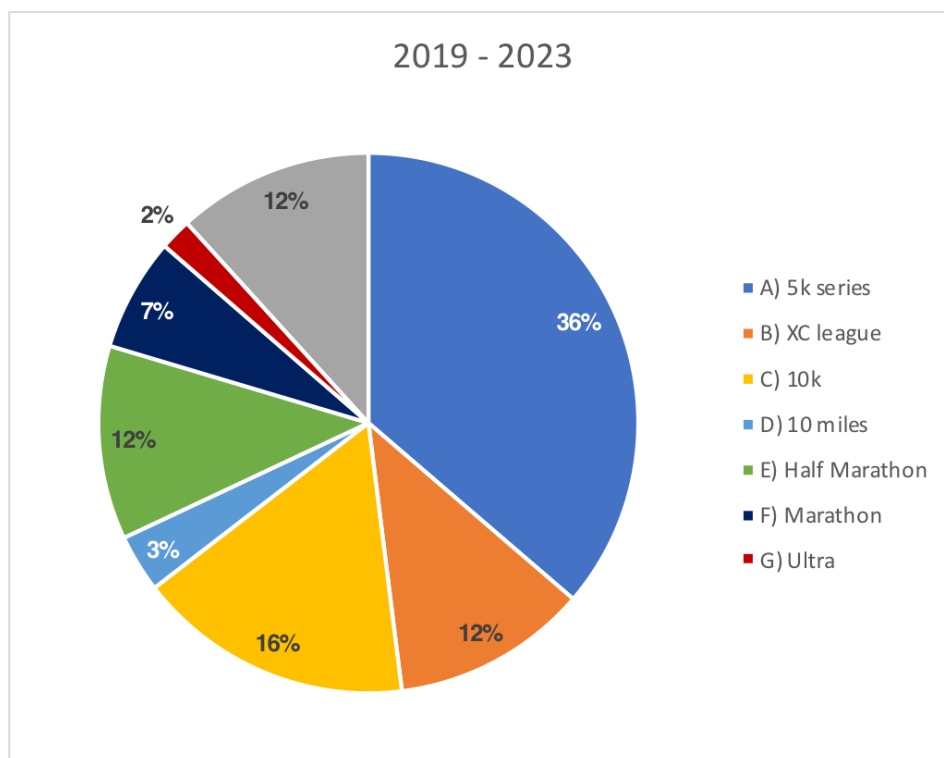
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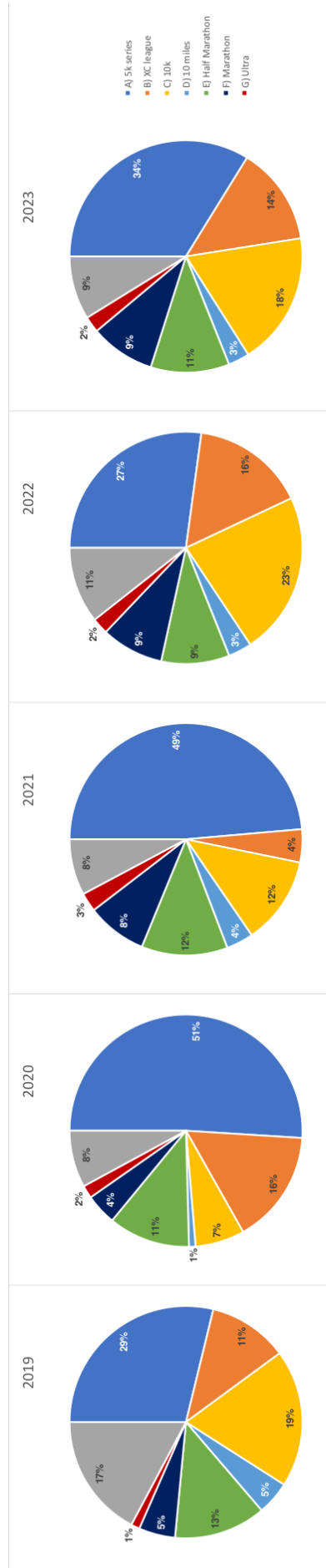
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- Attendance to different type of events in 2023 is very similar to the split in the last 5 years, with slightly larger percentages in 10k races and marathons
- Events type split was significantly skewed towards 5ks' in 2020 and 2021, this reflects much smaller number of races contested and great success of virtual races in these 2 years
- Half marathons remain very popular in 2023, 18 Striders did run the Cambridge Half: the most attended event after 5k series, championship races and XC league





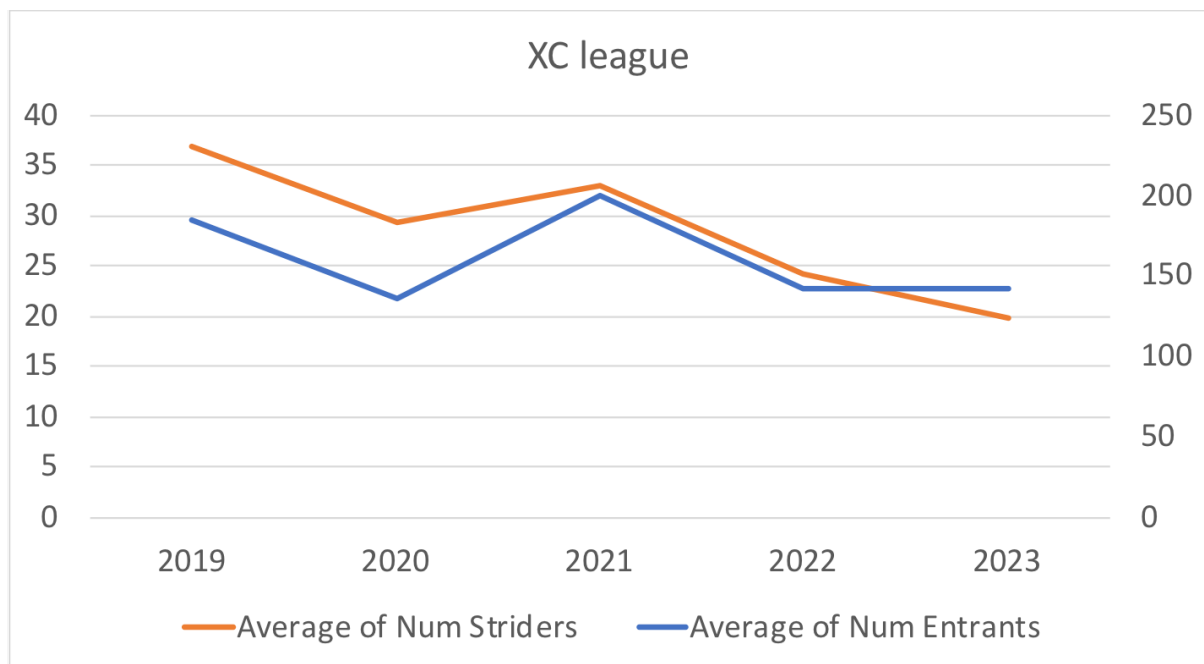
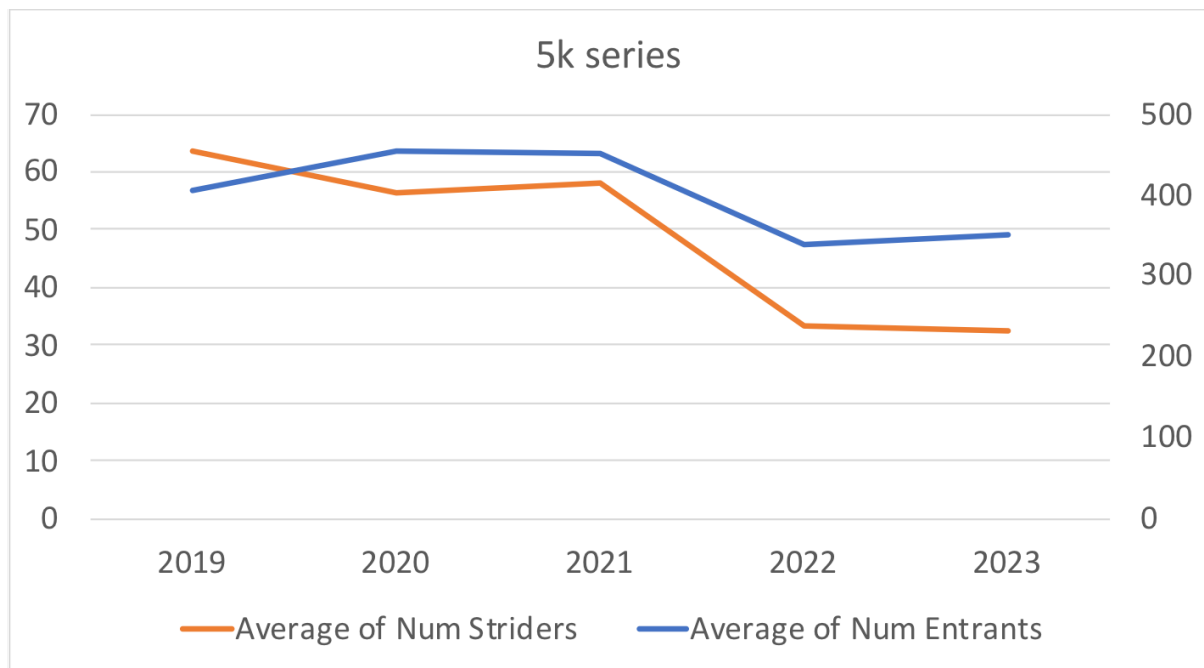
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- Strider's participation to 5k series and XC league races in 2023 is in line with attendance from other clubs competing at these events, reflecting post covid genera downward trend
- 33 Striders in average contributed to the club score at the end of each 5k race, while we had in average 20 Striders at XC leagues races.





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Alistair notes that overall attendance and 'sign-up' is down maybe through covid clawback (where members had to balance return-to-work and increased travel commitments) and hoped that future participation would improve.

Race Coordinator

Alistair reads the report on Fliss Tournant's behalf:

Cross-country 2022/2023

Our annual cross-country series took place once again last winter, with the final scores below.

Mens Score					
Club	Race 1	Race 2	Race 3	Race 4	Total
Ware Joggers	46	51	57	50	204
Harlow Running & Tri Club	172	133	149	165	619
Bishop's Stortford	156	254	254	240	904
Saffron Striders	280	183	289	333	1085
		816	696	624	
Ladies Score					
Club	Race 1	Race 2	Race 3	Race 4	Total
Ware Joggers	80	100	119	72	371
Harlow Running & Tri Club	123	116	160	99	498
Bishop's Stortford	179	171	82	353	785
Saffron Striders	187	174	241	328	930
		560	520	504	

Once again, Saffron Striders placed 4th out of 4 clubs in both the men's and women's categories. The scoring takes into account the positions of the top 8 male and female runners from each club, so I would like to really encourage members to come along and run if they can – regardless of speed, a good turnout will help to push the other clubs further down the positions and hopefully improve our overall standings. If anyone has ideas for ways that might encourage more members to get involved, please do let us know.

Arkwrights 5k 2023

Our 5k series had a new sponsor this year in Arkwright & Co Estate Agents. In addition to giving £500, which was used to cover the trophies and food for the presentation evening, Arkwright's kindly sponsored a Striders running vest for every member. Most of the races this



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year also hosted a team from Up & Running, who brought along shoes from different brands for runners to try out before the race.

The winners of the 2023 series were C&C, with Saffron Striders placing 8th out of 8. The final results are included below (2023 league table). There was an average attendance of 350 runners per race across the series, which is up from an average of 339 runners last year.

Race 1 (HI) - 379 (228 M/151 F)
 Race 2 (NJ) - 376 (219 M/157 F)
 Race 3 (SS) - 399 (248 M/151 F)
 Race 4 (HRC) - 330 (209 M/121 F)
 Race 5 (Ely) - 312 (196 M/119 F)
 Race 6 (RR) - 305 (194 M/111 F)

		Race 5 - ROYSTON RUNNERS					Arkwright's 2023 LEAGUE TABLE									
CLUB	CAT	POINTS	TOTAL RUN/FINAL SCORE FS-M	FS-F	RACE POS	CTCHI	NJ	SS	HRC	ELY	RR	SCORE	S-M	S-F	S-C	LEAGUE POS
CAC	MALE	31	33	-2			8	8	8	8	8	48	48			1st
CAC	FEMALE	37	18	19		1	8	8	8	8	8	48		48		1st
CAC	COMBINED		51				16	16	16	16	16	96			96	1st
CTC	MALE	120	21	99	99	5	4	5	5	4	6	4	28	28		4th
CTC	FEMALE	83	8	75		3	5	4	5	5	4	6	29		29	4th
CTC	COMBINED		29				9	9	10	9	10	57			57	4th
ELY	MALE	140	40	100	100	6	5	4	3	2	5	3	22	22		5th
ELY	FEMALE	129	14	115		6	2	5	6	4	6	3	26		26	5th
ELY	COMBINED		54				7	9	9	6	11	6	48		48	5th
HI	MALE	86	25	61	61	3	6	6	7	7	4	6	36	36		3rd
HI	FEMALE	85	18	67		2	7	7	1	7	7	7	36		36	2nd
HI	COMBINED		43				13	13	8	14	11	72			72	3rd
HRC	MALE	238	16	222	222	7	3	1	4	5	2	2	17	17		6th=
HRC	FEMALE	314	5	309		8	4	3	2	2	1	1	13		13	7th
HRC	COMBINED		21				7	4	6	7	3	3	30		30	7th
NJ	MALE	66	22	44	44	2	7	7	7	6	7	7	41	41		2nd
NJ	FEMALE	132	22	110		5	6	6	7	6	5	4	34		34	3rd
NJ	COMBINED		44				13	13	14	12	12	75			75	2nd
RR	MALE	117	19	98	98	4	2	2	2	3	3	5	17	17		6th=
RR	FEMALE	108	16	92		4	3	1	4	3	3	5	19		19	6th
RR	COMBINED		35				5	3	6	6	6	10	36		36	6th
SS	MALE	255	18	237	237	8	1	3	1	1	1	1	8	8		8th
SS	FEMALE	175	10	165		7	1	2	3	1	2	2	11		11	8th
SS	COMBINED		28				2	5	4	2	3	3	19		19	8th

Looking into 2024

The 23/24 cross country season has already begun, with the first race held at Bishop's Stortford. The proposed dates for the rest of the series are:

- Race 2 - Harlow, 14th January
- Race 3 - Saffron Striders, 28th January
- Race 4 - Ware Joggers, 4th February

A meeting will be held in January to begin the organisation of the 2024 5k series.

Alistair comments that the presence of 'Up and Running' at our race event was a great asset and that Saffron Striders had the highest attendance probably because of the new track. He confirms that the PA system had been found in Royston in their shipping container, thank goodness! And a big shout out to John James and his great help in setting up at the Barracks.

Kit/Merchandising Officer

Alistair reads the report of Paula Thurston's behalf:

Report from Paula Thurston (Welfare/Kit)



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As per Mike we have nothing to report regarding Welfare. It was great to see that 20 people attended the First Aid Course in November. Paula is happy to arrange another session if people would like to contact her, we can arrange a further course to join the list of names she has already.

Regarding club kit, we have had 116 people take up the offer of a free running vest which were kindly sponsored by Arkright & Co. estate agents. Members are invited to contact Paula if they have any ideas for merchandise to put on the webshop.

<https://www.saffronstriders.org.uk/club-kit/>

Social Events Officer

Lisa Coles gave her report:

My end of year report as follows...

“As already communicated I am stepping down from the role of Social Secretary but will continue to organise the annual dinner on the 9 February, which is once again to be held at the golf club.

The annual dinner this year was a little quieter with only 42 guests attending. But worked well with a shorter run on presentations and allowed more members to socialise. Other than last years tinsel run and the up and coming one next week I have no other social events to report... maybe handing the reins to someone new will allow for an injection of enthusiasm and more socials to be organised.”

Alistair thanked Lisa for all her hard work and asks if anyone would like to help her organise the Annual dinner please let us know. He confirms that this is another role that can be ‘behind the scenes’ and doesn’t have to be a committee role.

Club Captains

Alan Jones gives his report on behalf of both Captains

Nothing much to report but confirms that sorting out a coaching strategy for track night’s has made such a difference. Warming up with someone you don’t know has been great and everyone is getting to know each other. Hopefully intend to plan a Pub crawl for the end of January. And obviously thanks to Charlotte for her help alongside him in the Ladies Captain role.

Welfare Officers

Michael Bradley gave his report

2023 started with us gaining substantial support from club members at the annual dinner buying raffle tickets and entering the Heads & Tails game. These funds have been used to



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anonymously support members who have requested financial support with their club fees. WE still have funds to assist with fees, kit and race entries if anyone feels the need for some support please just contact the Welfare officers for confidential assistance.

There have been no welfare issues to deal with this year.

Mike also explains the Bursary system and mentions that it would be possible for new coach to take advantage of Bursary to help with the fees.

Chairman

Alistair Cooke reads his round up report

Chairman's AGM Report 2023

- We were very pleased that **Linda Brett** had stepped forward to take on the role the vacant Club Secretary role supporting both the Chairman and committee since April.
- It has been great to see a response to our request to see more engagement from a wider range of members with people stepping forward to collect the key at Carver Barracks and new faces running as a Guide Runner on Tuesday evenings. Thank you to **Anne Dawson** for organising the Thursday night rota for coaching and gatekeepers.
- I'd like to express thanks to **Jo Dallas** and **Claire Steel** for help with the new guide run rota and Tim McMahon who updated the Club Calendar on the Club Website. We will need to start planning for a new Tuesday night Rota coordinator when Jo / David may move away from Saffron Walden. If anyone would like to volunteer let Alistair or Jo know if you'd like to see what is involved.
- Following the medical incident in August involving one of our members out running socially with two other members. We were not only very pleased to see his recovery and recent progress back to fitness but also we were pleased with the number of Striders who asked if the club could arrange a First Aid refresher course. So we'd like to thank **Paula Thurston** for arranging the First Aid course at short notice for the 20th November with nearly 20-25 members attending.
- We'd like to take this opportunity to share with everyone to use 112 on their mobile phone if they need to make an emergency call, it will work across any network (even if your operator display says "No Service" so is better than 999 which only routes over your provider. Also take the opportunity to visit The British Heart Foundations defibfinder.org.uk website to check the nearest defib to your home and place of work. Just these little snippets of information could save someone's life.
- Finally following completion in February it was great to see the Striders starting to use the track from April 2023 and attendance regularly of 20-30 runners every Thursday evening. Thanks go to all the coaches stepping up to a new way of training runners (by going around in circles) but also to Craig Dyce for his 16 week varied track running programme so we don't get bored, even if we do get a bit dizzy.
- The Track hire charges will increase starting April 2024 but I will work with the Treasurer and Membership officer to see if we can continue to cover these with a simple membership fee so that we don't have to turn people away, or seek to charge on a session by session basis, ultimately I hope all members see the benefit from some track work on a stable, well-lit running surface. It's a great facility in our local community and wonderful to see Striders enjoying it.



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6. Election of the Executive Officers

- Chairman
- Treasurer
- Secretary

Nominations were received for the role for the role of Club Chairman, Club Secretary and Club Treasurer and Alistair, Linda and Ian were happy to remain within their posts for the coming year and as there had been no further representations or proposals for these roles there was no need to hold a vote and they were duly re-elected.

Name	Role	Proposer	Seconders
Alistair Cooke	Chairman	Linda Brett	Claire Steel
Ian MacDougall	Treasurer	Charlotte Diggins	Alan Jones
Linda Brett	Secretary	Alan Jones	Claire Steel

7. Election of the Committee Members

The Executive Officers had determined that the Committee should continue to be made up of the following roles:

- Membership Officer
- Coaching Officer
- Communications Officer
- Race Coordinator
- Kit/Merchandising Officer
- Social Events Officer
- Club Captain Female
- Club Captain Male
- Welfare Officer Female
- Welfare Officer Male

All of these roles had been duly notified to members when the agenda was circulated on the 18th November 2023 prior to the AGM.

Standing down at this AGM were Michael Bradley from the role of Coaching Officer and Welfare Officer Male and Lisa Coles as Social Events Officer. Alistair thanked them both for their time in post and wished them well. No nominations had been received to stand for these positions.

No further proposals had been received to stand for the existing positions so again there was no need to take this to a vote and the following members were elected into these posts for the year ahead.

Name	Role	Proposer	Seconders
Claire Steel	Membership Officer	Linda Brett	Alistair Cooke
Marco Arcidiacono	Communications Officer	Lisa Coles	Charlotte Diggins



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Paula Thurston	Kit and Ladies Welfare Officer	Linda Brett	Lisa Coles
<i>Vacancy</i>	Social Events Coordinator		
Alan Jones	Men's Captain	Linda Brett	Claire Steel
Charlotte Diggins	Ladies' Captain	Linda Brett	Marco Arcidiacono
<i>Vacancy</i>	Coaching Officer		
Fliss Tournant	Race Coordinator	Ian MacDougall	Charlotte Diggins
<i>Vacancy</i>	Men's Welfare Officer		

8. Voting on resolution to change the London Marathon Ballot Draw Criteria for which members would be eligible to receive a Club place:

Alistair confirms that there is just one single place up for grabs and there were 7 names in the hat for the 2024 race draw.

He explained that currently to be eligible you have to be a member for at least 1 year, helped out at (or ran) in a Club race (e.g. 5k or Cross-country) and provide proof of a failed application for the London Marathon draw.

It was discussed and proposed to change the criteria to include an additional requirement which is that a club member also needs to be named on the Tuesday night Guide Runner rota which would demonstrate willingness to help fellow club members and give something back outside of organised races.

This motion was duly proposed by Lisa and seconded by Yusuf and motion carried with no objections from those present.

9. Voting on resolutions proposed by member:

No resolutions were received.

10. AOB

Yusuf thanked everyone in the club for the love and support that he had received through his very difficult year.

Alan Taylor thanked all the people/runners that had helped the club during the year and Alistair agreed wholeheartedly and confirmed that he would be returning as Chairman in 2024 for his eighth year and joked that he had a long way to go until he reached Nigel's record of 12 years!

Alistair formally closed the AGM at 9:34 and wished all the Striders a very Merry Christmas.