

# Saltaire Striders

## Minutes of Committee meeting to be held on 11/12/24, 7.30 pm at 36 Wharncliffe Road

### 1 Present and apologies for absence.

Apologies received from Ewan Gibb and Anthea Griffiths

Tim G took the chair and welcomed new members Sue and James

### 2 Minutes of the last meeting held on 11/9/24

Agreed as correct record.

Outstanding action points (unless covered later in agenda) (see minutes for detail)

- Facebook Striders chat: purge (DH)
  - James to provide Donna with list of members, then Donna to sort **Action: DH/JC**
  - Also WhatsApp group that is still “owned” by Helen B who is no longer a club member. Agreed to set up a new group to replace it in due course (*could someone advise me who took this action please?*)
  - Also Strava group needs purging & generally updateing. **Action: SD**
- Facebook Striders chat: Remove non-committee members (except Jen) and add Ewan/Tim M as admins (DH) **Done**
- Check in with Barney (DH) Donna has emailed him: no reply: **Close**
- Change “new joiner” email (MF)
  - James to draft a new email, then send to committee for approval. Needs to include EA code-of-conduct etc, unless this can be added as a tick-box on Webcollect. **Action: JC**
- BMW R Sportshoes vouchers/sponsorship (EG)
  - Tim G to confirm with Ewan whether this has been done yet, if not see if can be done. **Action: TG/EG**
- BMW R leg 2 landowner discussion (AG)  
*carry forward to next meeting*
- 3 leaders not showing up as coaches on EA (TG) **Done**
- Tim G getting licence expiry emails instead of Richard: can’t seem to solve: no big deal: **Close**
- New member: upgrade to full membership so can register as a leader (RW) **Done**
- Foodbank run (TG) **Done**
  - Agreed success, consider at next committee whether to hold another in the summer.

### 3 Financial update (TM)

Finance report attached to agenda. One minor question of clarification that AGM bill included gifts as well as bar drinks. No further questions.

### 4 Training (RW/DH)

- Run leaders
  - Recruitment of new run leaders
    - Suggestion re incentives to encourage more leaders, eg reduced subs
      - Discussed the possibility of reduced subs, points towards personality trophy, or special trophies for 1st/2nd/3rd placed leaders by number of runs lead. No firm decision, but as a general rule we felt that run leaders lead because they want to, rather than to “earn” an incentive. Maybe follow up later....
      - New run leaders who are willing and ready to be trained: Bailey Haplin, Chris Biggins, James Carlton, Joseph Halliday. Also Rich Sykes and Pavel Tryc considering it. All are able to lead group 3,

## **Saltaire Striders**

### **Minutes of Committee meeting to be held on 11/12/24,**

#### **7.30 pm at 36 Wharnccliffe Road**

which is where the main shortages of leaders are, most would be willing to step in to lead/assist lower groups too.

- Tim M confirmed funding should be OK for 6 in this financial year, so we can go ahead with these.
- Also Jamie Reed is interested but somewhat apprehensive. He is going to try out “leading” a few runs with an existing leader alongside him. If this works, look at putting him through training next financial year. Hopefully use the “try before training” model on other new leaders in the future.
- Also once in next financial year, try and promote for more women who will lead.
- **Actions: RW**
  - Question re how good we are at recognizing newcomers?
    - Agreed it was a non-issue. Closed.
  - General feedback from members re training runs
    - Various comments re group paces: let it go for now: see how things pan out (see below)
    - Structured training: Richard to bring that back once a month once we have more leaders. **Action: RW**
  - Revision of pace guidelines?
    - Done, but needs to be published on the website. **Action: RW/DB**
- CPSC running drills workshop: to be progressed by new T&C coordinator
  - Agreed this is not really something we need. Closed.

#### **5 Membership update (JC)**

Nothing to report at this stage, except that James has successfully re-instated the two runners that Tim G managed to accidentally eject from the club instead of just removing their volunteer roles!

#### **6 Club main events**

##### **BMWR (AG)**

- No updates this time: carry forward to next meeting

##### **John Carr Day of the 5000 PBs (SSp)**

- Licence is pending us completing our outstanding welfare club standards
- Also £500 funding: again pending re above.
  - Tim G to progress the agreement of the code of conduct and sorting out Anthea’s DBS/welfare officer training. **Action: TG/AG**
  - Now expired run leaders have been removed, Stuart is the only run leader showing as unlicensed. To sort his DBS with Donna. **Action: SD/DH**
- Stewart will be organising the track measurement so it can be licensed as a road race.
- Suggested date: 5/5/25.
- Price the same as last year.
- Will need at least one official: ask Mike Moss.
- Sue suggested a childrens race too: think for this year at least keep it simple and not introduce too much new stuff.
- **All Actions: SSp**

#### **7 Running Events (SD/SSr)**

## Saltaire Striders

### Minutes of Committee meeting to be held on 11/12/24, 7.30 pm at 36 Wharnccliffe Road

- Club champs: Horton parkrun 25<sup>th</sup> Jan, PECO Roundhay 9<sup>th</sup> Feb. Tim to publicise. **Action: TG**

#### 8 Social Events (SSp)

- Christmas party: all in-hand
- StravaArt/Pie & peas: pub all-in-hand: Nuffield Showers Stuart to ask **Action: SD**

#### 9 Welfare issues (DH/AG)

- A couple of cards to send for members who have had babies. **Action: DH/JC**

#### 10 Club Governance

- Welfare officer: training (TG/DM/AG)
  - Already discussed under point 6 above.
- Club values (EG)
  - No updates this time: carry forward to next meeting
- Update of constitution (TG)
  - Tim to update constitution with changes approved at the AGM. **Action: TG**

#### 11 Feedback from members

- Discussed feedback received from:
  - Group 4 via Stuart D earlier in the year (appended below)
  - Mel at the AGM via Stuart
    - Responses drafted by Stuart are appended below. In particular, while we recognise the advantages to members of knowing in advance what the terrain etc will be for a run, we also know that all our run leaders are volunteers. While some will voluntarily post details of their run in advance, we don't want to make their job any more difficult by requiring them to do this by a particular deadline.
    - Donna to consider return-to-running course in the new year, subject to general leader level. **Action: DH/RW**
  - Questions asked of Ewan at the AGM
    - *Carry forward, unless these have been answered by the above?*

#### 12 Misc

- Club Kit: update (EG)
  - Shop is now live, various members have ordered but no goods received yet due to printing deadlines.
- Website (DB/RW)
  - RW working on pricing for a new website design, both from the existing hosting company and also from a family contact.
  - Suggest asking members if anyone has any skills they could offer in this field?
  - Stewart pointed out that the current website is way more complicated than it needs to be, as it was built as a pro commercial site. It just needs to be simple, easy to update and therefore anyone being asked to price up a replacement should not be trying to replicate what we have currently.
  - **Actions: RW**

#### 13 AOB

- Vice Captains (Tim's apologies: this should not be AOB: should have been an agenda item).
  - Mens: Agreed to co-opt Russ Mcfarlane who has been asked and accepted.

## **Saltaire Striders**

### **Minutes of Committee meeting to be held on 11/12/24, 7.30 pm at 36 Wharnccliffe Road**

- Womens: Agreed to ask Fay Kiana (**Action: SSr**) first, if she declines then co-opt Lisa Prosho who has volunteered.
- Once finalised, Tim to do the necessary admin **Action: TG**
- Benidorm Half Marathon
  - Donna reported that Ewan had asked her to raise the concern that some members were upset about the recent trip to Benidorm. Posts about it on Striders Chat (since removed) gave the impression that it was a club trip, and some were unhappy they weren't "invited".
    - Stewart confirmed that it definitely wasn't a club trip (this year was Tromso).
    - Sue was quite concerned by this, as it was initially her and Ian with their partners going on holiday, with others subsequently joining them.
    - It was agreed that while we appreciate the concern, it's difficult to see what anybody could have done differently.

#### **14 Date of next meeting and close**

- Ewan has suggested dates in early February. Tim to initiate WhatsApp poll once Vcs have been added to committee group.

## **Saltaire Striders**

**Minutes of Committee meeting to be held on 11/12/24,  
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### **Comments from Group 4 runners: (responses in red)**

1) Group 4 runs with an aggressive pace, with the terrain announced ahead of time e.g. Lunchtime

Pace is set according to guidelines and abilities of the group, aiming to be consistent week to week.

All club runs in the winter are on road (well lit), and in the summer when there is sufficient daylight we go off road but normally light trail/road shoes are adequate. This year we had a particularly wet summer and so some runs were on road and the off road ones needed a more grippy shoe. We can look at offering a road option for those who don't want to run an off road route but this is subject to having sufficient leaders (and demand)

2) Maybe more of a standard group 3 pace Monday? Varies a bit and some people can find a bit slow or fast.

Pace is set according to guidelines and abilities of the group, aiming to be consistent week to week.

3) Harrogate summer league race series?

We decided that the level of commitment to this would detract from an already crowded race schedule.

4) Post Thursday social - maybe monthly?

The committee organises a number of 'official' social events through the year. We've found that post-run socials are not particularly well attended, especially in the winter, but aim to have these as part of the summer base from the rowing club. If any members would like to chivvy up more post-run social activity, that sounds great!

5) Winter League?

These clash with Peco league and we choose to participate in the Peco league.

6) Some cooler vests that aren't £££££

The club has a new shop with a few different options for race tops and t-shirts etc.

<https://saltairestriders.org.uk/site/wp-content/uploads/2024/12/Kit.htm>

7) Since day 1 of joining, I've repeatedly heard comments about "them and us", mostly from group 1/2 about group 4 runners. I had a great laugh running in Sue's team ARSE at the Chevin relay. How about we start a team relay race, with teams of 4 drawn randomly, one from each of group 1 through 4? Get a big shield to award the winners, maybe name the race the Team ARSE Relay....

Due to the success of the Danefield relay this year we will probably adopt for this event again, and also for the summer relay v Baildon which is traditionally for teams drawn at random.

## **Saltaire Striders**

### **Minutes of Committee meeting to be held on 11/12/24, 7.30 pm at 36 Wharnccliffe Road**

8) How about a calendar showing club runs on the website? I know I've turned up in road shoes before, only to find out all groups are running trail that evening. It was one thing Eccleshill did well - you could always have a look at the run routes beforehand, and choose which you fancy, and dress yourself appropriately.

See comments for question 1.

Generally we don't tend to publicise routes/leaders in advance as these are often arranged or changed at last-minute which can cause more difficulties. Some run leaders like to publicise routes in advance on the facebook group, which can help with this.

9) I haven't really suggested anything because if I don't have the time to assist to volunteer for the club. I would be willing to assist in organising a team for a race next year or assisting to help promote/plan/organise one of the club events. I think I could manage that

The club is run on a volunteer basis and everyone has a part to play so anything people can add, however small, is always appreciated!

10) Overall I enjoy Saltaire Striders and I'm grateful to all the people that put time in to keep the club ticking especially yourself. If you want to pass my thanks on, that'd be fine.

Feedback is always appreciated – Thanks.

### **Suggestions passed on at the AGMs:**

#### **1. Flat slow runs for injured runners**

We are considering a 'return to running' course to start next year which can help runners return after injury. We don't have enough run leaders to cater for more throughout the year though

#### **2. Early notification of races**

The key club races/relays are notified at the beginning of each year and in newsletters

Club championship races are decided on and announced prior to the membership season too in newsletters, facebook, website.

Is there more we can do here?

#### **3. Transport to races and social events**

The club encourages car-sharing where possible eg for Pecos, and have occasionally looked at coaches/minibuses for races that are further afield. The cost of this is really high though (a coach for one night costs > £500). Any suggestions for making car sharing to races work better gratefully received

## **Saltaire Striders**

### **Minutes of Committee meeting to be held on 11/12/24, 7.30 pm at 36 Wharncliffe Road**

#### **4. Merchandise with links to our club address**

We have printed some cards previously and will print some more for John Carr race publicity - we discussed recently and concluded that these days googling 'Saltaire Striders' is much more likely to find us than providing website addresses etc on printed material

#### **5. Ladies vests**

There are ladies cut vests available via Richard West and the club shop, where we now have race tshirts available

#### **6. Coordinator for marshals**

Not sure what is meant by this as we already have this in place for our own races (BMWR/John Carr 5K) - happy to hear any specific suggestions

#### **7. Using the Caroline Street Club to headout on a Monday- make it more social.**

We discussed this after the AGM - unfortunately Caroline street club is not normally open on Monday evenings. We moved to the Rowing club during the summer months so we can do more social gatherings, which we get good feedback from.