



Elvet Striders Annual General Meeting

CG85, Department of Chemistry, Durham University

2nd October 2013

Present: Lois Albin, Kirsty Anderson, Mike Bennett, Stef Barlow (Treasurer), Paul Beal, Jean Bradley, Carolyn Bray, Laura Chapman, Angela Coates, Matthew Crow, Geoff Davis/Mudman (XC Captain – Men), Susan Davis/Mudwoman (XC Captain – Ladies), Sophie Dennis, Emma Detchon, Barrie Evans, Paul Evans, Bill Ford, Jill Ford, Simon Gardner, John Greathead, Aaron Gourlay, Richard Hall(1), Chris Hedley, Nigel Heppell, Melanie Hudson, John Hutchinson, Andy James (Transport Officer), Sue Jennings (Ladies' Captain), Greta Jones, Pam Kirkup, Roz Layton, Kate Macpherson, Denise Mason (Kit 'Mistress'), Jackie McKenna, Roger Moore, Dougie Nisbet, Joe O'Neil, Phil Owen, Paul Pascoe, Juliet Percival, Katherine Preston, Angela Proctor, Tom Reeves, Shaun Roberts (Web Officer), Alister Robson (Mens' Captain), Dave Robson, Jacquie Robson (Secretary), Michael Ross, Anna Seeley, Alan Smith, Kathryn Sygrove, Graeme Walton, Katy Walton, Adam Walker, John Wandless, Geoff Watson, Conrad White, Stan White, Jan Young [60 present – greater than 25% of membership]

Apologies: David Shipman (Chair), Colin Blackburn, , Anita Clementson, Christine Farnsworth, Amy Farquhar, Sarah Fawcett, Jon Steed, Karin Younger

The meeting opened at 8.15 pm

1. Welcome

Stand-in Chairman Alister Robson welcomed members to the AGM.

2. Apologies

See above.

3. Minutes of previous meeting

Available at <http://www.elvet-striders.org.uk/about/documents.php>

4. Matters Arising

Item 4.1: Court Inn Clamber status

From Phil Owen:

“For newer members the clamber is Strider's only race. It's invitation only and traditionally was very similar to the handicap course except it started on the pump house road. With the opening of the new woodland centre the course has changed taking almost entirely off road

Last year by the time I had the go ahead to put the NEW clamber race together with the proper permissions and permits (and therefore insurance) it was already too late to put them in place. I had no option but to postpone for one year. Given a clear mandate from the AGM and with the help of Paul Evans, Will, Pam and many club members I intend to put the race on around about the third week in July. The new race will be very similar to the trial recce/race we did in July around Houghal woods & the new woodland centre taking in the wicker & women but shortened from the 6.5 Miles to about 5.4 Miles as the consensus was it was a tad too long (to give a good amount of time in the pub that is). I will organise another run on the course as part of a Wednesday evening run once we have the evening light again.

In addition I thought some members might like to walk the course sometime followed by dinner at the Court Inn. I'll send mail out about this at a later date

Again, this is strider's only race and will require a fair number of marshals but I'm sure club members support it”.

Phil is happy to continue as Race Director.

ACTION 4.1: Court Inn Clamber to be organised for 2014 (PO and Clamber team)

5. General Business

Item 5.1: Officials' reports - summary

5.1.1 Club Captain - Men

Alister: noted that the change in the club since he joined is huge. Four years ago, there were about 20 people at his first AGM, now we look comfortable in a 100 seat lecture theatre. The depth through the club is great to see, with more ladies members than men, and the top end 'elite' also doing really well. Thanks were offered to those who organised relay teams – Megan Bell, Simon Gardner, Louise Barrow. Thanks to all members for all contributions, no matter how small. Alister was particularly proud

of the C25k initiatives now going strong in the club. In his opinion, this has been a turning point for the club and he has been very proud to be a part of such an inclusive club.

5.1.2 Club Captain - Ladies

Sue chose not to add anything to Alister's comments.

5.1.3 Treasurer

Stef: There's currently lots of money in the club account and financially we are very healthy. £4000 in the account currently. Initiatives to spend it are welcomed – please pass to Stef/the Committee. Some suggestions were made including a Striders 30th Anniversary party. Coaching courses will be at least part-funded for full members. Other similar initiatives welcomed; a sensible operating amount to remain in the club account is £1500. The rest should be spent on the club. Stef also announced that she has decided to continue in her role of Treasurer, if unchallenged, because her job has been made easier this year due to changes in the administration processes for membership and affiliation.

5.1.4 Cross Country (XC) Captains

Susan spoke on behalf of both Mudpeople: 2012-13 XC season was fabulous. 10 major events including NE Harrier League races and, more importantly, National XC Championships, NE Champs and British Masters Vets races all had Strider representation. Noteworthy performances: Harrier League: Rachel Terry and Tom Reeves were promoted to the medium pack. Adam Walker achieved a gold medal for club and Rachel a bronze medal for club. This was a fantastic achievement in really competitive event. XC is a team effort and team efforts equal team success. Supporting and encouraging each other, before and after in the tent, is almost as important as running, and creates a great atmosphere which bonds club members and gets members of different abilities to get to know each other and pull together as a team. We need to deliver the best individual performances for the team on the day. We are not the only club to be growing at Harrier League, and we don't want to take it to the wire and just stay up by 1 point again this year, so do pull on those XC shoes and have a go. Thanks to all who participate, and congratulations to everyone on their performances for the club – including supporters and the family members who enable people to go to Harrier League on a weekend afternoon to represent the club. Thanks all – looking forward to this year!

5.1.6 Transport Officer

Andy: If we have 25 people or more, a bus can usually be arranged. 6 were arranged this year (1 less than last year due to Brass Monkey half-marathon cancellation. Very well subscribed for all buses. Major change on the Brampton 10 mile arrangements happened last year: for 25 years we'd been using the Cumbria Park hotel but service has decreased and now we go to the Gilsland Spa Hotel for a carvery on the way back from the race. This was great so we're sticking with it for this year. Price for Brampton bus is so cheap because it is subsidised by the profit over the year. GNR bus makes a large profit to subsidise all other buses.

5.1.7 Kit mistress

Denise: taken a stock order tonight of 44 vests 34 hoodies 34 t-shirts 9 hats. 44 vests now in stock. Tonight we have just received the much-requested XS ladies' vests, and S mens' vests. Also received today is a sample of a long-sleeved T-shirt in club colours. These will be £22 each. Let Denise know by email if you want to order them as we need a minimum order before it can be processed. A zip hoody is also now available as an alternative to the pullover version. £20 for zip hoodies. Club shorts are currently being investigated – the general feeling was that the currently available shorts are too short. Denise will try to source some longer ones.

5.1.8 Web officer(s)

Shaun: Website: thanks for loads of reports this year. Keep them coming. Any format you like. Sketches, poems, interviews after races – all welcome. Shaun will put it online if you write it! He thanked Dougie Nisbet for his assistance throughout the year, and thanked Alister Robson and Dave Robson for help preparing reports. Shaun confirmed that he would like to step down next year. If someone else has the appropriate skillset, please step forward now.

The outgoing Chairman, David Shipman, was unable to attend and so Shaun read out David's report (after thanking David for his long service to the club as a founder member, and noting his appearance as the first male Runner of the Year, way back in 1987!).

5.1.9 Chairman

"Firstly, many apologies to everyone here. When we fixed the date for the AGM I wasn't aware that the evening clashed with a shared Christmas Present. So, while you are all here enjoying a lively and productive AGM I will be at the Tyne Theatre listening

to Ray Meares and learning how to survive in the wilderness with nothing more than a few sticks and a bit of string. I think it's the first AGM I have missed in over 25 years, so sorry it had to be this one.

I said at the AGM last year that I would only stand as Chair for one more year and I am sticking to my word, confident that an enthusiastic, experienced club member will take up the role after tonight.

It's very pleasing to say it's been a really great year as Chair and a fantastic year for the club as a whole. Stand-out memories include the National Cross Country Championships, plodding through the snow, wind and mud, no-one could fail to spot the Sea of Purple there and at numerous Harrier Leagues. All of this has gone on against a backdrop of ever-increasing membership and big turn-outs at many of the races across the region. Full coaches have been sent to a growing number of race destinations as a result. On the social side the Christmas Do was enjoyed by many of us, Monday nights at the Duke and Wednesday at the Court Inn help make the club as friendly as it is. Club nights have continued to offer a range of options, runs on and off road, track sessions, Summer Handicaps, Head Torch runs, Hill sessions and Cross Country training. Along with those the club has also featured an increasing number of cycling, walking, swimming and skiing offshoots. We have been represented in major marathons, fell races, relays and wine-drinking expeditions as well as dozens of charity races and fund-raising events, barbed-wire jumping, mud plugging and bog snorkelling all included in the entry fee. The recent highly successful Couch to 5k and 5k to 10k groups add another dimension. The charity relay in September again showed how fun running and fund raising can be combined for the benefit of a cause identified within the club. I would encourage more club members to get involved next year, as it's guaranteed to take you to places which you have never run in before.

Club officials will share many details of what's been good about the year from their perspectives so I won't go into further detail. All of them work hard behind the scenes, on Wednesday nights, at races and between events, along with the new regime of committee meetings to fit in, so when this speech is finished please put your hands together and thank them for their hard work this year.

As a result of all of this activity mentioned previously, some of you will be aware that we have been awarded Sports Club of the Year for Durham and Chester-le-St and will be going forward to the County-wide Awards on October 11th. That in itself is recognition of how well the club has developed. As well as that, our men's captain Alister has received an individual award for his outstanding work on the Park Run, both in Durham and across the region, which many people here have benefitted from. Without a doubt his work has greatly increased the membership of the Striders in recent months and his own, friendly, welcoming style as captain has encouraged many people to come and join us.

Looking to the AGM itself exciting developments continue as the club gets bigger, with new roles being suggested for consideration by the meeting. Also, in recent days valid questions are being raised about how we nominate and elect club officials and how club business is carried out in a way which engages people and is transparent.

I can sense a working party and some heated debate coming on, but feel sure that just as we did with the Club code of conduct and the constitution we will sort things out in a satisfactory and productive way. Nothing stands still and as the club expands and we do need to review how we do things. Having said that, if things get heated or personal, never forget it is just a running club which we come to for fun!!

Finally, knees permitting, I look forward to running as an ordinary club member. I would like to thank all of the club officials for the support they have given me over the year and to all the club members who continue to make the Striders a successful, friendly club for runners of all ability. I wish all of the new officials elected tonight every success in continuing the development of the club.

Thankyou."

5.1.10 Thanks to outgoing members

Shaun offered formal thanks to outgoing Committee members:

To David Shipman, who has been in the club for at least 26 years as one of the founding members. David has done a huge amount for the club and his role in recent years has been excellent in smoothing out differences.

To Alister Robson, who David Shipman thanked personally in his report, above. Shaun echoed David's words and added his thanks for all Alister's work in moving the club forward.

To Sue Jennings, who was thanked for her job as Lady Captain including 5k to 10k etc.

Item 5.1.a AGM voting: proposed changes public → secret

Do we want to move to a secret ballot, rather than a show of hands?

The members present voted 'No'. Voting for officials at the AGM will continue to be by show of hands.

Item 5.1.b AGM voting: proposal to allow proxy voting next year (constitutional change)

Do we want to allow proxy voting for club official roles next year, rather than voting only occurring at AGM?

It was decided that a working party should be convened to debate this issue and to agree on some recommendations. The AGM agreed to take on board the proposal agreed upon by the Working Party for voting for next year. The Working Party is to be Chaired by the Club Chairman.

ACTION 5.1b.i Members wishing to be on the Working Party to put themselves forward, by email, to the Secretary (all)

ACTION 5.1b.ii Working Party to report back to whole club within 2 months (by end of December 2013) (Chair)

Item 5.2: Club roles – proposed changes impacting on club constitution (JR, PO)

See Document 2013-6.2 and the club constitution, available at http://www.elvet-striders.org.uk/docs/2012/Elvet_Striders_Club_Constitution.pdf for details, and see scheme in Appendix 1. Note CDAN = County Durham Athletics Network.

The following proposals were considered

- **Do we want some/all of these new roles (requiring a change to the Constitution)?**
- **Should those roles that are accepted be Committee roles (requiring a change to the Constitution)?**
- **Should existing roles also be Committee roles (requiring a change to the Constitution)?**

It was decided that each role would be voted on in turn, with the first decision being 'Is this to be a new Officer Role within the club' and the second to be 'Is this new officer role to be a Committee role'. Existing officer roles were agreed to remain as they are in the constitution.

Results:

Proposed new role	Accepted as a new role?	Role will be Committee?
Publicity Officer	yes	yes
Membership Secretary	yes	yes
Vice-Captains	yes	yes
Social Secretary	no	no
C25k Coordinator	yes	undecided*

*it was agreed that it was up to the new C25k Coordinator to decide. She later agreed to be co-opted onto the Committee for this year, with a view to the AGM voting next year as to the place on the Committee.

Item 5.3: Election of new club officers

All officers retire each year but are eligible for re-election. Role descriptors are available in Document 2013-6.3. Roles that are bold are Management Committee roles according to the Constitution (noting the changes introduced in Item 5.2). Voting will be by method decided upon in Item 6.1.a (a show of hands by the members present)

Role	Nominees	Result
Chairperson	Tom Reeves	duly elected
Treasurer	Stef Barlow	duly elected
Secretary	Jacquie Robson	duly elected
Club Captain – Men	Paul Evans	duly elected
Club Captain – Ladies	Anna Seeley	duly elected
Web Officer	Shaun Roberts	duly elected
XC Captain – Men	Geoff Davies	duly elected
XC Captain – Ladies	Susan Davies	duly elected

Kit Officer	Denise Mason	duly elected
Transport Officer	Andy James	duly elected
Membership Secretary	Michael Ross	duly elected
Publicity Officer	Aaron Gourlay	duly elected
C25k Coordinator	Kate Macpherson	duly elected
Vice Captain – Men	Phil Owen	duly elected
Vice-Captain – Ladies	Angela Proctor Kirsty Anderson	both elected⁵

⁵After a close vote, it was proposed that, since this is a new role, the post be held jointly for this year. This was voted on and passed. Thus the VC-Ladies post will be held by two officers for this year.

Congratulations to all new (and continuing) post-holders.

ACTION 5.3.i Club Constitution to be changed to reflect these changes to officer roles within the club (JMR)

ACTION 5.3.ii Post-AGM Committee Meeting to be called in the next few weeks (JMR)

Item 5.4: EA Registration changes update and agreement of fees for 2014-2015 (JR)

It was noted that the club is in a good financial state. Last year's fees were £43 for full membership for the year. Members still have the option to be full Maiden Castle members, as before, by purchasing a separate MC card (currently £42) and paying £15 to join Striders. The £43 covers full membership including use of MC on a Wednesday night. Details of what full membership covers are available in the document circulated at affiliation renewal time earlier this year (March/April).

England Athletics have abandoned their plans to charge different affiliation fees to members depending on whether they are road runners or track and field athletes. Affiliation fees will remain the same next year to our knowledge.

The new fee structure introduced at the club in April 2013 means that more members mean more money for the club (not just into the coffers of Maiden Castle).

With all this in mind, it was proposed to hold the Membership Fee for next year at £43 for full membership for one year. This was agreed.

Item 5.5: Club bank account (AJ)

Andy and Stef noted that the current club banking arrangements with Virgin Money are antiquated. It was agreed to seek a new home bank account for the club where transactions could be viewed by reference, making the Treasurer, Transport Officer and Kit Officer's jobs easier.

ACTION 5.5: club bank account to be moved to a more suitable new home (SB/AJ)

Item 5.6: Runners of the Year / Most improved Runners of the Year (JR)

Members were invited to vote for Male and Female Runners of the Year and Male and Female Most Improved Runners of the Year either by email before the meeting or on paper on the night. The votes were counted up after the meeting.

The results for 2012-2013, as announced late evening after the AGM, were:

Male Runner of the Year: GRAEME WALTON	Female Runner of the Year: KATY WALTON
Most Improved Male: PAUL PASCOE	Most Improved Female: KIRSTY ANDERSON

The Male categories were incredibly close, with Alister Robson (RotY) and Bill Ford (MIM) coming very close. Well done to all recipients!

Item 5.7: Club Awards Dinner / 'Christmas' party (JR)

The club is this year organising a 'posh' Elvet Striders Awards Dinner on Friday 22nd November at Durham Amateur Rowing Club. This will be subsidised by the club, but is expected to be a more grand affair than the annual 'Christmas' party (usually held in February/March time!). There will be a meal, a guest speaker, presentation of awards, a disco and a general celebration of the success the club has had this year. Thanks were given to those drafted in to assist with the organising: Kirsty Anderson, Greta Jones and Jill Ford.

ACTION 5.7: watch out for Awards Dinner email, and buy tickets! (all members)

It was agreed that the annual 'Christmas' party would go again as planned, again with some subsidy.

Other ideas for club socials were considered.

Item 5.8: Grand Prix – results (JH)

John explained about the Grand Prix for anyone unclear. Every year, six races in four categories ('Mud' - XC, 'Mountain' - Fell/Trail, 'Endurance' – Mara/Half-Mara and 'Sprint' – 5k/10k) are selected based on a number of criteria including popularity with Striders, ease of entry (in some cases!), tradition, variety and others. First strider home gets 15 points, second gets 14 points and so on, with every Strider participating getting at least 1 point. The best four results in each category count. Full details are on the club website.

5.8.1 MENS RESULTS 2012-2013

	Winner	Second place	Third Place
Mud King	Tom Reeves	Will Horsley	Adam Walker
King of the Mountain	Graeme Walton	Alister Robson	Tom Reeves
Sprint	Graeme Walton	Paul Pascoe	Simon Gardner
Endurance	Graeme Walton	Alister Robson	John Hutchinson
OVERALL	GRAEME WALTON	Alister Robson	Tom Reeves

5.8.2 LADIES RESULTS 2012-2013

	Winner	Second place	Third Place
Mud Queen	Fiona Shenton / Rachel Terry	-	Juliet Percival
Queen of the Mountain	Katy Walton	Jan Young	Anita Clementson
Sprint	Katy Walton	Sue Gardham	Megan Bell
Endurance	Rachel Terry	Katy Walton	Anna Seeley
OVERALL	KATY WALTON	Rachel Terry	Megan Bell

It was noted that the next 'Mud' Grand Prix event is the XC on 26th October. The next 'Mountain' event is Gibside on 20th October.

Item 5.8.a Club Handicap (AS)**Note from Phil:**

Anna Seeley and I have organised the summer handicap for two seasons now and believe it has been a great success with club runners still very willing to test themselves against the clock. If the AGM wishes, we are both still happy to continue.

This year we added a time trial that went down very well giving yet another avenue to grumble and mutter at which is such a handicap tradition. We intend to do this again ...but we won't tell you when it will be until we have you there...

The members agreed that Phil and Anna should continue their good work organising the Club Handicap, and they were thanked for their efforts.

Item 5.9: Club awards, partnerships and initiatives (JR)

An update for members:

Striders were very successful at the Durham and Chester-le-Street area round of the County Durham Sports Awards. The club won 'Club of the Year' and Alister Robson won the 'Contribution to Physical Activity' award for his work with parkrun. Other Strider nominees included Kate Thomas for Durham Mums on the Run, Alister Robson for 'Volunteer of the Year' and Carole Seheult who was nominated for an award related to her work with fencing. The club and Alister went through to the County Round of the awards. [Post-AGM note: unfortunately, neither won their category].

Partnerships established or developed with the club this year include:

- the Tony Blair Sports Foundation (who contribute towards funding Striders through some coaching/run leadership courses),
- the County Durham Athletics Network, who help us draw down money from central England Athletics funding, again to contribute to the cost of putting our full members through coaching courses
- local England Athletics networks, with assistance from John Stacey, which allows us to publicise our successes

Working with these groups can give us access to funding. Currently, EA want us to name our 'Satellite' groups. These are any groups associated with, organised by or participated in by Striders that assist in developing running (and increasing participation) in the local area. Naming these 'satellite' groups will assist in drawing down funding for both Striders and those satellite groups. Examples include: Elvet Striders C25k and 5kto10k groups (Kate Macpherson), Run@Durham (Anna and Sue), Pitlington DofE (Kate Macpherson), Durham Mums on the Run (Kate Thomas). If there are any more, please let Jacquie know so we can note the link and alert EA local office.

ACTION 5.9.i: anyone involved in any running activities that could be classed as 'satellite' groups to let Jacquie know. (All)

Note that Hunwick Harriers, who were formerly a satellite group, have recently become affiliated to England Athletics as a separate club. Congratulations to them and their volunteers on making that happen so quickly.

Striders activities that have run in the last year include

- two very successful C25k groups, led by Kate Macpherson
- a 5k to 10k group
- two 3-week Running Technique Development courses (delivered by Helen Tones),

There is a proposal to organise Helen Tones Pilates sessions for Striders. There was interest from members.

ACTION 5.9.ii Organise Helen Tones 'Striders Pilates' sessions (Jacquie)

Members were told to make themselves known to the Secretary if they wish to go on a course. EA courses booklets were given out, and Coursefinder cards. Funding may be able to be arranged with TBSF, CDAN or within Striders, depending on the circumstances.

ACTION 5.9.iii Those wishing to go on courses e.g. LiRF let Jacquie know so funding can be sourced (all)

Item 5.10: Honorary Memberships (JR)

It was proposed and agreed that honorary memberships would be awarded to the following non-running Striders (with thanks to Pam for the information):

Carole Seheult

Carole started running in Durham in the mid-1980s as a member of Durham City Harriers. She was in her 40s at the time but she was bet by one of her and Allan's friends that she couldn't run 10k in under 45 minutes within a year. Apparently, the bet was withdrawn but Carole was on a mission. She trained hard and achieved it in 43.13, well within the allotted time! She then joined Striders and competed in longer races – mostly 10ks and half marathons – in which she achieved some respectable times.

In her 50s she changed direction and became more interested in Fencing, although running was still an interest. She has been selected on numerous occasions for GB as a veteran and recently competed in the World Vet Championships in Bulgaria, winning team bronze and only being knocked out of the individual competition by the eventual winner.

Alan Purvis

Alan has been a founder member of the club. He was instrumental in promoting cross country running in our club and continued to run in the Harrier League until relatively recently. Alan organised hill sessions and time trials on club nights and he was one of the first Striders to join Mike & Kim Hall in Triathlons – a link between Striders and the Tri-Club.

He also used to organise a cross country run from his house in Pitlington – an event to raise money for charity. This was followed by food and hospitality from Alan & his wife Beryl.

He has also been a very good rugby player and cyclist who famously rode his bike into the back of a parked car, once he had his head down and was sprinting along the A690! In the zone or what?

Jackie Smith

Jackie has been a founder member of the club. She has been totally reliable – turning out every Monday and Wednesday to lead the ‘slow group’.

For a number of years Jackie would look after new members, along with Maureen Blackett. They would take out a group of runners who would want to run at a slower pace – whether it was to recover from injury, to just have an easy run or to check out their ability as a new runner.

Until recently Jackie has been a competitor in longer runs – 10ks but more likely half marathons like the GNR, Coastal Run and Brampton. Her current injury has prevented her from taking part in any real way. She has been a huge asset to the club.

Mike Hall (posthumous) and Kim Hall

Information about Mike and Kim appears already on the club website Hall of Fame at <http://www.elvet-striders.org.uk/people/mikeandkimhall.php> and <http://www.elvet-striders.org.uk/people/mikehall.php> .

6. Any Other Business

Angela Proctor thanked everyone involved in the recent Charity Relay event, particularly David Shipman and Geoff Watson, which to date has raised £930 for Henshaws.

The meeting closed at 9.50pm.

Jacquie Robson, 14th October 2013