

Minutes of Strathaven Striders Annual General Meeting Monday 28th November 2022

Committee Members Present: Margaret Allison, Bill Ion, Ian Pitt, Richard Goldsworthy, Julie McCulloch, Tom Wilson, Irene Wilson, Craig Hamilton

Coaches: Graham Laird, John MacGillivray

Members: Peter Williams, Sue Sloan-Beaumont, Micki Henderson, John Henderson, Margaret Allan, Jim Hendry, Calum Hendry, Marie Neil, Craig Millar, Jane Thomson, John Thomson, Douglas Lamb, Stephen Martin, Derek Scott

Apologies: Pauline Keegans, Dorothy Lucas, Ruth Ward Cox, Andy Hall, Karen Kelly, Kirsty O'Byrne, Liza Linton

President's Report – Margaret Allison

Margaret opened the meeting and thanked everyone for attending.

This has been my first year as president and it is with pleasure that I open our meeting.

The last 12 months have gone past very quickly and from a personal point it has been very much a learning process getting much more of an awareness of what goes on behind the scenes to make our club function and being more active in the planning. Many Monday evenings are spent debating, planning, organising and discussing policy.

It has also been satisfying to things gradually getting back to some normality following the disruption due to covid. We are now back to regular training nights, Tuesdays and Wednesdays and have good numbers attending these sessions.

We also have the return of the Monday night social run which has always been prominent in the calendar and our core training sessions on Thursdays.

As well as these adult sessions we have also seen fantastic development in the junior and intermediate sessions and now have a plan for transition upwards through the club.

We have improved access to club kit, and it is always great to see members representing the club whether it's at a race or striders on tour.

Throughout the last year we have successfully held club races and the various race directors will update you with their reports on these events.

We also had our Striders Ball on Friday evening where a great time was had doing what we do best!

It's my job to thank the committee for their continued work, dedication, and time that they devote to the club. I would like to also thank the coaching staff for their fantastic enthusiasm and knowledge that help us all to improve with our running

Also, the club would not be here without all our members who turn up, run and support us at events.

Finally running is not only great for our physical wellbeing but being part of a social group like Striders has allowed many friendships to develop and certainly I have always been proud of being a Strider.

It would be good to welcome new faces on to the committee.

We have an agenda to get through so we will move on.

Secretary's Report – Julie McCulloch

This has been my first year as Secretary and is still a learning curve, but as we approach the year end hopefully next year will be more straightforward. Thank you to Ian and the rest of the committee for their support.

We finished 2021 with the 5k and children's Christmas runs which raised funds for The St Andrews Hospice. Thanks to Irene and Dot for arranging this for us.

Unfortunately, we had another upset over the London Marathon hence my reluctance to hold the ballot at this meeting this year. The committee talked me down and we will go ahead with the ballot on the understanding that we do not have the place in writing yet! Ruth Marshall managed to get a place herself and we have offered Peter Williams a place so the ballot will be for one place.

The half marathon ran for the second time from West Kype with a few changes made to the route. Although our numbers were lower the event was successful.

Striders on tour was very well supported this year we a couple of new destinations tried which worked well. Thank you to Graham Lapsley, Fraser Kennedy and Stephen Martin for being our drivers. The event could not have gone ahead without your support.

It was great to see the Gala back again and we again could enjoy the utter chaos of the children's race around the park!

The summer time trial was popular and we were very lucky with the weather. The route will change next year.

The winter time trial hasn't really taken off this year. We are going to leave December as its such a busy month and hopefully there will be an appetite for it again in the new year.

Our thanks go to Kirsty O'Byrne for arranging both these events.

The 10k was going to be too expensive to run from the windfarm with the cost of the buses and school hire and therefore it was decided to try a new route and venue. After the success of the half marathons, we decided to run the 10k from West Kype as well which, judging by the positive feedback was a success.

Treasurer's Report – Richard Goldsworthy

Strathaven Striders Financial Report 2021-2022

Prepared by Treasurer (Richard Goldsworthy)

This year the Strathaven Striders Accounts closed on 17th November 2022.

Financial Summary

	Amount	Amount	Amount
BALANCE BROUGHT FORWARD 18-Nov-2021			4,597.50
Business current		4,369.53	
Cash Account		0.00	
Striders Treasurers Account		227.97	
TOTAL EXPENDITURE			-18,304.87
TOTAL INCOME			29,050.61
SURPLUS/(DEFICIT) FOR PERIOD			10,745.74
BALANCE CARRIED FORWARD 17-Nov-2022			15,343.24
Business current		14,756.93	
Cash Account		0.00	
Striders Treasurers Account		586.31	

Income and Expenditure Breakdown

<u>INCOME</u>		
4000 REVENUES		3,904.52
4015 Clothing Sales	717.52	
4025 Ticket Sales	3,187.00	
4100 OTHER INCOME		647.27
4105 Miscellaneous Donations	80.00	
4125 Bank Interest	0.34	
4140 Misc. Receipts	566.93	
4200 ENTRY CENTRAL INCOME		14,118.82
4201 Entry Central	14,118.82	
5000 MEMBERSHIP INCOME		10,380.00
5001 Renewed Membership Fees	3,820.00	
5002 New members membership fees	6,560.00	
TOTAL INCOME		29,050.61
<u>EXPENDITURE</u>		
7000 CLUB GENERAL COSTS		-5,230.64
7002 License Costs	-20.00	
7003 Event Hire and Rental Costs	-160.00	
7004 General Program/Event Expenses	-55.00	
7013 Other Costs	-1,755.84	
7015 Affiliation Fee	-3,129.00	
7016 Member fee	-40.00	
7017 Track Hire	-70.80	
7100 COMPETITION COSTS		-13,074.23
7101 Catering	-1,688.40	
7102 Travel costs	-279.70	
7104 Equipment	-5,184.73	
7105 Officials	-55.00	
7106 Entry Fees	-114.00	
7107 Trophies and Awards	-1,284.60	
7108 Race Clothing	-4,377.80	
7109 Venue	-90.00	
TOTAL EXPENDITURE		-18,304.87
SURPLUS/(DEFICIT) FOR PERIOD		10,745.74

Membership Dues 2021-22

The membership dues for 2021-22 were set at last year's AGM at £20. For the new financial year 2022-23, it is proposed that the dues will remain the same from August 2023.

Head Coaches Report – Craig Hamilton

Thanks for attending this evening.

It's great to be back to normal, after a couple of tricky years, we're finally back to normality and I'm delighted to say that the numbers attending the sessions has bounced back significantly in all sessions, with the exception of the Monday night social which we've made a couple of tweaks to, i.e. you can now book in on the APP if you want to (helps to let you know if anyone is attending).

We offer training for Juniors, Intermediates 12- 17 and adults

With the current membership 36 juniors , 20 Intermediates and 173 adults,

We are trending along at 100 plus athletes of all ages training across the week.

We offer 12 sessions per week 10 for adults with 1 junior and 1 intermediate.

We are always looking for additions to the Coaching team, so if you'd like to join the Coaching team, let me know at the end. Ian will let you know of the progress of the intermediates who are working towards there L1 Qualification.

As we head to the Christmas break, I'm delighted we are back training across all age groups with young coaches coming through the intermediates.

Thanks to all our coaches for their time and effort for the love of running and the fulfilment of seeing athletes of all ages progressing from week on week.

Whether you are brand new to the sport or winning 24 hour Ultra races we have your requirements covered.

Youth Section – Ian Pitt

Striders Junior Section 8-11 Group

The Junior section have had a good year alternating between John Hastie Park and the Rugby Club for H&S reasons. The Coaches Gail, Julie and Ian appreciate the support given to this group to allow that to happen

We currently have approximately 24 children attending these sessions which with 3 coaches we could probably accommodate a further 6 to take us to capacity. Any more than that becomes difficult to manage

The children are very enthusiastic and respond well to instructions from the Coaches and also, we have managed to get a balance between coaching and play – important to this age group

We also have Intermediates Ross Munro and Euan Green working with us for a 6 month period as part of their Duke of Edinburgh Award and have to say they are doing a fantastic job doing warm-ups, cool downs and drills every week – they also devised their own session a few weeks ago which was very well thought out and well received by the children. Before Ross and Euan finish with the Juniors at the end of March they will each have devised their own session. We've also noticed that the children seem to excel when they are running against Striders only a few years older. As this has been a success, we hope to involve more Intermediates at a later date

Striders Intermediate Section 12-17 Group

The Intermediate group have had a very successful and competitive year. The new 12-year-olds that were accepted into the group in January and August have settled in well this year and are supported really well by the older age groups

The Championship now in its 2nd year is extremely popular with 11 races ranging from 100metres to 7K. This year we have divided the group into 2 as far as League Placings are concerned which gives the younger group something to aim for. We also have Sarah Lapsley and Abby Ash going forward for Level 1 Coaching in 2023 which will enable them to use their new found training expertise with our younger Intermediates

John, Jane and I are extremely proud of this group of Striders, three achievements to call out

- Summer and Winter Time Trials – impressive performances from Dima, Euan, Ross, Abby, Sarah and Naomi competing against adults
- Run with the Wind 10K – Dima, Sarah and Naomi ran their 1st club 10K all coming in under 1 hour
- Euan Green has been selected as an affiliate for Triathlon Scotland – providing he continues to improve I can see no reason why he can't get into the full team in due course

Next year we will welcome a couple of 12-year-olds from the Junior section but also, we plan to have a selection of our Intermediates join Scottish Athletics as members so that they can compete against other clubs in their own age groups in cross country and track races

Last championship race of the year is the 7K starting and finishing in Barrie Shelter 31 December

Feel free to come along and support 1pm start

Welfare Report – Liza Linton (read by Tom Wilson)

As always, the welfare of individuals involved in Athletics is paramount and this year has seen, once again, an increase in conversations around inclusion, safeguarding – adults & children, being open to all, mental health and wellbeing and the welfare of all. There have been 2 reports in particular that have been published this year which are sure to have ramifications on our sport. The Whyte Review, for British Gymnastics, was a report around individual welfare and the culture of the sport, and the Challenging the Boundaries report looked into Racism, and equality of

opportunities, at Scottish Cricket. Both have made an impact on all sports at a national level and although changes have not yet reached us at club level, you can be sure they are coming. More on this will follow when we have it.

For us, there has been a couple of changes at Strider level and at Scottish Athletics over the past year – Liza Linton has joined Tom Wilson to help lead on Welfare for Strathaven Striders. At Scottish Athletics, they have increased the level of support available within the organisation with a second Welfare Officer also joining their team.

As always, we continue to utilise the team at Scottish Athletics to carry out 'Protecting Vulnerable Groups' (PVG) applications and renewals for all volunteers involved in the coaching, leading and supporting within the Striders programme (juniors and adults). A number of the coaching team have also undertaken additional safeguarding training over the past year as part of their licence renewal.

Once again, we would urge you to read over and be familiar with the current policy on Child safeguarding that is available under the policies section of our website. This has been adopted from the Scottish and UK Policy and procedures and there is also a wealth of information on the Scottish Athletics website under welfare.

Lastly, we all have a responsibility around Welfare and looking out for fellow striders, young or old, ensuring that we have a warm and welcoming environment and knowing where to go if you have any questions. Please do not hesitate to get in touch if you have any questions or concerns.

Election of Office Bearers – Julie McCulloch

President – Margaret Allison
Proposed – Julie McCulloch
Seconded – Irene Wilson

Secretary – Julie McCulloch
Proposed – Ian Pitt
Seconded – Margaret Allison

Treasurer – Richard Goldsworthy
Proposed – Julie McCulloch
Seconded – Margaret Allison

Welfare Officer – Liza Linton
Proposed – Tom Wilson
Seconded – Peter Williams

Minute Secretary/Web Admin – Kirsty O'Byrne
Proposed – Julie McCulloch
Seconded – Ian Pitt

Named Committee Members

Craig Hamilton
Irene Wilson
Bill Ion

London Marathon Ballot

Peter Williams – given a place without being in the ballot
John Henderson

After the AGM (and before these minutes were typed) we received word that we had three places this year. A further draw took place of the members who had been in the AGM ballot with the final place going to Margaret Allison.

Strider of the Year

2022 sees Calum Hendry as our Strider of the Year. Calum has achieved so much in this past year, this is just a few of his personal achievements.

First Male – Run with the wind 10k
First Male – Summer Time Trial 10k
First Male Strider – Striders Half Marathon
Still running in the Streak – 333 days in!

Calum is an inspiration to us all and very much a part of the Striders family.

Any other business

Team App

As a tool for communicating training sessions and social runs the app still hold appeal. Although there are also members who do not like using it and find it off putting rather than encouraging.

Discussion took place for and against keeping the App in use.
We will continue to use the App, but it is not mandatory for members to use it.

Craig will discuss the App with the coaches at their next meeting.

Graham Laird will register Julie McCulloch as point of contact for the App as, thankfully, his role as covid coordinator no longer exists.

Voting Age – Constitutional Change

Julie asked all present to vote on reducing the voting age of members from 18 to 16 to allow our younger members to have their say in our club.

Overwhelming show of hands to change the age to 16.

Early morning Training Sessions

Sarah Lindsay asked if we could hold early morning training sessions.

At present there is no coach who would wish to take the group.

Possibly for consideration during the summer months.

Running buses to Races

Douglas Lamb asked if Striders could run a bus to various races, as we did for Troon. In principle this is a good idea, and we will put some events on the App where we think there will be an appetite. It would be great if a member would organise this for the club as the committee members have limited time.

Minutes

John Thomson asked that all minutes of committee meeting be made available to members. Julie will upload Minutes onto the App with the removal of anything that would breach data protection guidance.

Old 10km Route

Stephen Martin asked if we could reintroduce the old route from the windfarm as a club run. Agreed but no date set.

Meeting Closed