

STRATHAVEN STRIDERS AGM

Tuesday 26th November at 7pm

Strathaven Bowling Club

Notes of Meeting

Full minutes of this meeting are not available and therefore, these notes are provided in relation to elements of the evening, and reports supplied (where we have them).

1. President's Report – Margaret Allison

Welcome to our Strathaven Striders AGM.

What a great venue we have, we're very lucky in Strathaven to have access to these facilities and to have beautiful running routes right on our doorstep. We're really never short of somewhere to train. We had our 10 k here and we were thrilled with the use of the bowling club and the delicious hot soup and rolls on offer after the event. This coming year sees us celebrate 40 years as a running club and I would like to pay tribute to our founders, Irene Wilson and Dorothy Lucas who continue to be active running buddies and never cease to amaze us. Inspirational women. Thank you I also want to highlight the really important social and inclusive aspect of the club and to acknowledge the friendships that develop because of this.

It is with great sadness however fond memories of two men who we sadly lost this year, who contributed a great deal to striders when they were alive, Doc Young who loved an outrageous outfit on the gala day float and Dennis Boam who committed a lot of time to our time trials.

Monday evenings and Thursday mornings are becoming popular choices for social runs and I'm sure lots of plans are made for bigger adventures on these runs. We continue to offer coached sessions on Tuesday and Wednesday evenings and again testament to our fabulous coaches it is great to see the numbers of athletes turning up and participating in coached sessions. So, thank you coaches we really do appreciate you.

We've had a good year with club events and members of the committee will update you on these. Unfortunately, we did have to make the decision to cancel our half marathon in September due to low numbers of entries and we've decided to focus on making our 10k more appealing to athletes.

I would also like to mention the amazing striders who participate in events and races up and down the country outwith the club, we have athletes doing amazing things and we love to hear and see your achievements on our social media sites. This does prompt a plea for you to get involved as we have various roles and functions that need a bit more support in.

To finish off I'd like to thank everyone who comes forward to volunteer, whatever we may be doing and to the committee for their dedication throughout the year. Remember your club needs you.

2. Secretary's Report – Craig Hamilton

A verbal report was given on the evening by Craig.

3. Treasurer's Report – Richard Goldsworthy

Please see attached in Appendix 1

4. Election of Office-bearers

The following positions were elected on the evening from those who attended – where the proposer & seconder are known they are noted:

(a) President: Margret Allison	Proposed – Craig Hamilton	Seconded – Bill Ion
(b) Secretary: Craig Hamilton	Proposed - ? (lady with glasses)	Seconded – Margaret Allison
(c) Treasurer: Richard Goldsworthy	Proposed – Craig Hamilton	Seconded – Bill Ion
(d) Membership Secretary: Ian Pitt	Proposed - ?	Seconded - ?
(e) Welfare Officer: Liza Linton	Proposed – Craig Hamilton	Seconded – Tom Wilson

5. Adult Coaching Report – Becky Simister (with input from other Coaches)

See Appendix 2 for the report that Becky gave.

6. Junior Coaching (8-11) & Intermediate (12-17) Coaching Reports – Ian Pitt/Angela Campbell

Junior Coaching

Evening all,

A quick update on the junior section of the club.

We are currently at a full membership of 36, its stayed very steady and a constant stream of new sign ups to replace any of the juniors leaving when they reach the age of 12.

We are still seeing a good amount of juniors moving to intermediates which is encouraging.

There have been changes this season with the departure of Gail Mercer, we were very sorry to lose Gail who was an original coach from the start of the junior section but completely understood her requirement to step back. We have been so lucky to have two volunteers Marie and Stephanie who have been a huge help in allowing us to maintain our membership level and not reduce it. We are grateful for their time and commitment.

We are seeing continuous improvement with our section so much effort every week no matter what the weather. The addition of park run to Strathaven has been excellent for the juniors and lots of kids enjoying it weekly.

We will finish first week in December with a fun night.. and restart mid January depending on weather.

Intermediates (12-17)

Athletes

Currently 23 Athletes training with the intermediates (14 Males, 9 Females), though some of them have recently turned 18 and go on to pastures new.

Coaches

4 Coaches currently assisting with this age group, we had 5 but Oor Abby ditched us for an exciting new chapter in Glasgow, closer to university. We thank her and wish her all the very best and we know that she won't be a stranger to the club.

The four remaining coaches are Ian, John, Jane and Angela all take turns at devising training sessions such as speed, continuous running / endurance, hills and of course the odd fun night).

Jane is currently working on level 2 coach qualification with Angela set to follow in April of next year.

Training

Training is on a Wednesday evening at 5pm for approx. 1 hour. In the summer, sessions can be anywhere around the town based on the session focus. In the winter consideration has to be given to location due to loss of light in the evenings (so sessions are planned carefully based on traffic / street lighting etc.)

Championship

1 race to go, 1500m at the John Wrights on the 11th December

League 1

Euan leading with Kieran in 2nd place (11 points difference)

Sophie and Sarah battling it out for 1st Female (2 points difference)

League 2

Charlie with a 25 point lead is the champion of League 2

Ruari now in 2nd place with Connor in 3rd

Eleya wins the championship for 1st Female

7. Welfare Officer Report – Liza Linton

Good Evening, here's a quick update on the world of welfare within our club and Scottish Athletics.

Firstly, as part of our affiliation renewal for 2024, we have updated the following policies:

- Child Safeguarding Policy
- Adult Safeguarding Policy – both of these safeguarding policies are UK Athletics & Home Country Athletics Federation policies, and we are required to adopt them as they are.
- Disciplinary policy – which includes treating everyone fairly, the grounds on which the club may consider a disciplinary and the right to both confidentiality and to appeal.
- Equality policy – as discussed at last year's AGM there are opportunities for everyone to take part in Athletics, and that the club will ensure they have a genuine and equal opportunity to participate to the full extent of their own ambitions and abilities, without regard to their age, sex, gender identity, disability, marital or civil partnership status, pregnancy or maternity, religion, race, socioeconomic status or sexual orientation; and that they can be assured of an environment in which their rights, dignity and individual worth are respected, and in particular that they are able to enjoy their sport without the threat of intimidation, victimisation, harassment or abuse.
- Conflict of Interest Policy

These policies will be on the website shortly and will be shared to the App so that all members can see them.

As recommended by Scottish Athletics, there is also a new email address if you have any welfare concerns – for children or adults – and you can reach us on welfare@strathavenstriders.org

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) and in 2024 we have undertaken 10 checks in 2024 so far. There have been some slight changes in the process with Scottish Athletics which requires a bit more paperwork from all involved however, this is an ongoing and free process that we undertake on the club's behalf and all those involved need a specific PVG for Athletics (regardless of if they already have one for work or other volunteer roles). There will be a change in the process in 2025 following the Disclosure (Scotland) Act 2020 and we expect them to come into force in April 2025. These may include a fee/charge for volunteers, but Scottish Athletics continue to look at this on our behalf and will keep us updated.

As always, we all have a responsibility around Welfare and looking out for fellow striders, young or old, however if you are concerned about anyone or the actions of another strider (athlete, coach, volunteer) then please do not hesitate to get in touch with any questions or concerns. As said, you can contact myself on welfare@strathavenstriders.org or you can catch Tom or I at another time.

8. Run with the Moon 5K Report – Ian Pitt

A verbal report of a successful club event was given by Ian.

9. Run with the Wind Series Report – Bill Ion

This year the Run with the Wind series consisted of two races - a Half Marathon and a 10k. The plan originally was to run both as open races but after low entry numbers it was decided to run the Half Marathon as a club only race. Entry fees were reduced for both races by taking out the finisher T shirt - but still needed an entry of around 200 for each race to break even.

Half Marathon: Held on 22nd September using the 'old' Ardochrig half marathon route, starting at Kirkland Park School. With only around 40 entries one month before the race date it was decided to run the race as a club member only event as a part of the club championship. In the end 13 club runners ran what was deemed to be a very successful event. Next year we plan also to run the race as a club member only event. The date has yet to be decided but we will try and fit it into a 'quiet' spot in the race calendar. Let us know of any preferences.

10k: Held on 3rd November using the out and back route we used last year (over the Carnduffs). The race utilised a new venue, Strathaven Bowling club, as the race HQ. This proved very popular and we have already booked it for next year. We had 254 entries and 205 runners on the day, a lower dropout than we normally get. Overall, the race was very successful with great feedback received. Race entries came in very slowly, but over 100 entries were made in the last month, meaning that we not only broke even but made an anticipated surplus of over £1000. Next year's race is already in planning and will be held on 2nd November 2025

The race organising team (Marie Neil, Margaret Alison, Ian Pitt, Bill Ion) want to thank everyone that helped out with the running of both races - without you we simply wouldn't be able to run these events. If anyone else would like to join the team have a chat with one of us.

10. Adult Championship 2024 – Ian Pitt

A Championship Committee formed in January 2024 consisting of Angela Campbell, Hayley McEwan, Jane Thomson, John Carrell, Margaret Carrell, Tom Wilson and myself with the aim of coming up with an all inclusive agenda of race to suit all ages and abilities

We laid out a calendar for 19 races from 100metres to Ultra Marathons

Points to Note

- The track events at John Wrights Sports Centre although not well attended were really enjoyed by the Striders who took part, comments like I haven't done this since school and I really enjoyed were commonplace -so hopefully we can get more entries next year
- The XC, Craggs Race and Run with the Moon 5K were well attended, however, next year we may schedule the 5K Race outwith the official RWTM 5K but with the same route
- The Hill Race wasn't well attended however we feel that it clashed with other events on the day
- We had 110 Striders taking part in the 19 races and the total cumulatively was 331 appearances
- The Any Marathon Rule seemed to work so we may extend to consider Ultra's
- We have all times for all races contained within the master data file so that PB's can kick in next year
- We are considering how we can award points for attending a weekly training session

So in Summary - we had a mid year review to consider how things had gone in the first half of the year and we'll have a final review of 2024 to review the full year and consider some of the points I have mentioned above

And now for what you've all been waiting for

Male Championship

3rd= place Calum Hendry & Alistair Harris

2nd place Anthony Carson

1st place Ken Jackson

Female Championship

3rd Kristy Ashe-Foote

2nd Angela Campbell

1st Abby Ash

11. London Marathon Ballot – Craig Hamilton

The following Striders were selected (pulled from the hat) to represent Strathaven Striders at the 2025 London Marathon:

- Sue Sloan
- Angela Campbell

12. Strider of the Year

The trophy for Strider of the Year was presented to the 2024 winner – Cameron Verstage.

The meeting then closed, with the Striders present being encouraged to stay and socialise.

APPENDIX 1: Treasurer's Report - Strathaven Striders Financial Report 2023-2024

Prepared by Treasurer (Richard Goldsworthy)

This year the Strathaven Striders Accounts closed on 16th November 2024.

Financial Summary

Strathaven Striders	All Accounts	22-NOV-2023 - 16-NOV-2024		
		Amount	Amount	Amount
<u>BALANCE BROUGHT FORWARD 22-NOV-2023</u>				10,727.56
Striders Treasurers Account			659.20	
Business current			10,068.36	
*DEBTORS			0.00	
Cash Account			0.00	
*CREDITORS			0.00	
<u>RECEIPTS</u>				
4000 REVENUES			2,267.01	
4015 Clothing Sales	112.00			
4020 Equipment Sales	-7.99			
4025 Ticket Sales	2,163.00			
4100 OTHER INCOME			29.89	
4125 Bank Interest	9.89			
4130 Donations Rec'd for Charitable Causes	20.00			
4200 ENTRY CENTRAL INCOME			5,307.88	
4201 Entry Central	5,307.88			
5000 MEMBERSHIP INCOME			5,640.00	
5001 Renewed Membership Fees	2,340.00			
5002 New members membership fees	3,300.00			
<u>TOTAL RECEIPTS</u>				13,244.78
<u>PAYMENTS</u>				
7000 CLUB GENERAL COSTS			-5,941.23	
7001 Canteen Expenses	-136.03			
7002 License Costs	-2,800.00			
7003 Event Hire and Rental Costs	-237.30			
7004 General Program/Event Expenses	-258.00			
7013 Other Costs	-657.25			
7015 Affiliation Fee	-1,799.00			
7017 Track Hire	-53.65			
7100 COMPETITION COSTS			-4,459.09	
7101 Catering	-850.00			
7102 Travel costs	-94.50			
7104 Equipment	-222.65			
7105 Officials	-925.44			
7106 Entry Fees	-968.00			

	Amount	Amount	Amount
7107 Trophies and Awards	-822.50		
7108 Race Clothing	-576.00		
7700 TRAINING AND DEVELOPMENT		-1,382.00	
7701 Coaching courses	-1,382.00		
7800 EQUIPMENT		-170.00	
7801 Clothing	-170.00		
<u>TOTAL PAYMENTS</u>			-11,952.32
<u>SURPLUS/(DEFICIT) FOR PERIOD</u>			1,292.46
<u>TRANSFERS</u>			
-no transfer lines for period-			0.00
<u>BALANCE CARRIED FORWARD 16-NOV-2024</u>			12,020.02
*DEBTORS		0.00	
Business current		11,330.93	
Striders Treasurers Account		689.09	
Cash Account		0.00	
*CREDITORS		0.00	

Membership Dues

The membership dues for Nov 2024 - Nov 2025 were set at last year's AGM at £20. For the financial year Nov 2025 – Nov 2026, it is proposed that the dues will remain the same.

APPENDIX 2 – Adult Coaches Report

Strathaven Striders 2024 AGM

Monday

Our runners start the week off on a Monday with a well-attended social run to kick things off, all abilities are welcome - this session has been running for many years.

Tuesday

Our Tuesday night training sessions have been consistently growing from strength to strength. The sessions are well attended, with numbers ranging from approximately 10 to 20 runners each week, which reflects the appeal and effectiveness of the current training structure.

At the start of 2024, we made a significant change to our coaching approach. They transitioned from running separate groups for beginners, intermediates, and advanced runners to a unified group training format that caters to all abilities. This new structure has been well received, as evidenced by the steady attendance and positive feedback. The runners appreciate the inclusive and dynamic nature of the sessions, which encourage a sense of community among athletes of all levels.

They've welcomed several beginners into the Tuesday night sessions, and they've integrated seamlessly into the mixed-ability format. Their enthusiasm has been palpable, and they've demonstrated rapid improvement in both fitness and confidence. This transition has proven effective in keeping beginners engaged, while also allowing them to progress alongside more experienced runners.

The success of the sessions has been driven by our dedicated coaching team, which consists of Andy, Donna, Carol, and Ruth. Recently, Coach Margaret Carrell has also joined the Tuesday night team as she works toward completing her Level 2 coaching certificate. Margaret has been a welcome addition, bringing fresh ideas and a fun aspect to the coaching sessions. We've worked collaboratively to ensure that each session is well-organized, safe, and informative. Our coaching style emphasizes clarity, ensuring that runners at all levels understand the objectives and techniques being taught. This collective effort has contributed to the positive atmosphere and continued growth of the group.

Since August, we've introduced a new element to our coaching approach, focusing on the 7 aspects of skill-related fitness: power, speed, agility, coordination, strength, conditioning, and balance. These sessions have added an exciting new dimension to the training, allowing runners to refine their skills in a well-rounded manner.

To complement these sessions, we incorporated a "Magic Mile" run. This benchmark mile gives athletes a measurable time that they can reassess every 4 weeks to track their progress. The Magic Mile has been a great motivational tool for the runners, providing tangible evidence of their improvement.

The Tuesday night training sessions have thrived under the new coaching structure and program elements. With the continued enthusiasm of our runners, especially the rapid development of beginners, and the solid teamwork of our coaches, these sessions have become a cornerstone of our training schedule. They look forward to further developments and continued success as we move forward.

Wednesday

Our Wednesday night runners feature four groups – beginners, beyond beginners, intermediates and advanced, so a very wide range.

Since the last AGM we introduced a 3rd beginners intake over the year, so in addition to the January and August intake, a course was added between the Easter and Summer school breaks. With a fantastic uptake of 15 beginners we had 5 complete the course with a few continuing to run throughout the summer sessions and then move to beyond beginners. The August intake has been again successful with 15 runners beginning and 8 completing the 10 weeks, following discussions with the group Fiona and Karen have agreed to keep the beginners with us until the winter break; introducing them to speed/hills/fartlek and making sure they can complete a continuous 5km before moving to new groups in the New Year.

After completing their initial beginners course with Karen the athletes progressed onto BB with myself (Margaret) and Pauline level 1 coach on a Wednesday night. On average we were training with between 8-10 runners every week. Meeting at the academy we integrated with the other groups to warm up then went on our approximate 5k runs around the Strathaven area. Myself and Pauline practiced all the techniques we had learned during our Coaching training and from all the feedback from our runners they were pleased with their progress. Their highlight was managing to enter and successfully complete Run with the Wind in November. Looking forward to the next intake.

Between Becky, Eleanor, Craig and Andy the intermediate and advanced sessions have continued on with a wide mixture of training sessions, particularly for those looking for longer miles on Craig's advanced sessions with athletes working up towards longer races such as marathons and ultras. These work on a similar rotation of easy, speed, endurance and hill sessions with each session specifically designed by our level 2 coaches.

Thursday morning

Our Thursday night strength and conditioning sessions continue to be a popular highlight of the week, with consistent and enthusiastic attendance. The group has cultivated a supportive atmosphere where, despite the hard work, there is always an element of fun, stress relief, and a good amount of laughter. One of the unique and accidental traditions that has emerged is the "positivity round." During this part of the session, each person shares something positive from their week, which has quickly become a favourite event. This practice has fostered a sense of community, with everyone receiving and sharing uplifting affirmations, contributing to the positive energy of the group.

The coaching team for Thursday nights consists of Donna, Sarah, and myself. We rotate weekly to lead the sessions, ensuring variety and balance in coaching styles. Over time, the sessions have evolved from basic exercises to a well-rounded mix that includes weights, mat work, core exercises, and occasionally yoga. This variety has been very well received by participants, who have noticeably grown in both strength and confidence as the sessions progress. We've welcomed a wide range of participants, from beginners to those with injuries or movement dysfunctions. The coaching team is attentive and confident in providing suitable alternatives for all abilities, ensuring that everyone can participate fully and safely. Our approach to tailoring exercises to individual needs has played a key role in the success of these sessions, making them inclusive and accessible to all.

The Thursday night strength and conditioning sessions continue to thrive, with an engaged and growing group of participants. The blend of hard work, fun, and the positive atmosphere has contributed to the overall success of the sessions. With the continued commitment from both the coaches and attendees, we look forward to seeing even more progress in the months ahead.

And after a Thursday, all of our adult athletes take a well deserved rest, or they are out logging the miles on the back roads of Strathaven, running marathons, going to a nearby parkrun or collecting their photos of their Greggs coffee cups... well done Marie, you will have quite the collage of post-run coffee photos now.

I am always impressed by the support our athletes provide each other when we attend training and races, it really is a great club to be a part of.