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**STILTON STRIDERS RUNNING CLUB**  
**ANNUAL GENERAL MEETING NOTES**  
**Wednesday 9th April 2024 – 8pm**  
**Melton Rugby Club**

1. **Quorum** – 42 members

Katie H, Emily H, Jane M, John M, Andy N, James S, Nikola D-R, Chris G, Sandra B, Alan B, Vanessa W, Sharon M, Alison W, Vicki L, Wayne H, Simon D-R, Tony O, Mark P, Andrew W, David H, Sharon E, Chris V, Suzie S, John H, Courtney L, Tom W, Rob M, Mark T, George W, Ian J, Robert C, Luke K, S Ward, Lewis H, Rhiannon B, Chris P, Julie A, Helen P, Mark S, Nicola T, Neil J, Kurt W

1. **Apologies**

Rachel W, Michelle F, Rich G, James C, Michael C, David B, Matt W, Abi A

1. **Chairs Report – Katie H**

Thank you all for coming along to this years club AGM, certainly a great turnout.

As most of you know this is my first complete year as the Stilton Striders Chair and I have very much enjoyed the role so far. I certainly could not be in this position without the support of the wonderful committee and other volunteers.

It is no hidden secret that my favourite choice of trainers are more fell or trail trainer but arriving to a club night on a Wednesday, especially over the winter, has energised me each week, whether I’m running or walking. I love my midweek catch up and giggle with you all and I feel that the striders gaining membership at the Rugby Club and as such having a ‘Base’ to congregate in the warmth and also stay for a drink and food post run, has allowed this opportunity for us all, so a big thank you to Johnny Boy for liaising with the Rugby Club in organising this for the club.

Other new things that have been introduced in the past year is the weekly walking group, initiated by Kristy Nicholls. This has been a great opportunity for member to get their steps in and meet with others to socialise.

Paced sessions have been a popular feature of our monthly Wednesday night run calendar now, so a thank you to Nic Taylor who takes lead on these and to all who have offered to a lead a pace or tail run.

The set up of the Club WhatsApp group by Emily has created a great platform for members to discus their runs so others can join them, walks, share their own achievements, race updates and much more.

Our green kit exchange scheme set up by Helen Plant and Michael Cooke where we can sell or trade running kit & club tops has proved popular.

It is also noticeable of an increase in Visually Impaired guide runners volunteering ensuring that our VI runners can also take part in regular club runs and training. There will be an awareness evening organised by Leigh Pick during the summer which will hopefully encourage some of you to have a go at guiding and also an understanding of various Visual Impairments. Look out for more details to follow.

Also we have continued with our regular Structured Session- thank you to Carol, John M and Helen will chat about these in a moment.

And the Friday Social Runs have continued to provide an opportunity to take a much needed break on a Friday lunchtime. Thank you to Sharon & Rob Mee for taking lead with this and others who have also offered to lead these.

The Derby XC had a great turn out for the Stilton Striders, with some of you taking part for the first time and thoroughly enjoying it and with the LRRL series new season we have over 30 club members turning out each race so far.

Although our membership has not increased in its total numbers, the number of faces who meet on a Wednesday regularly has, with on average 40 of you coming along.

**Committee Overview**

Your committee is made up of 10 members.

For the Stilton Striders to be an affiliated club with England Athletics certain roles have to be filled, These are the Chair, Secretary Emily, Treasurer Andy and Welfare Officer John M and Suzie S. Not all of these roles require the volunteers to join the committee. As well as these roles there are other members who are on the committee.

John H Social Secretary, Nic Taylor Female Captain, Kurt Wilson Male Captain, Zoe Wryko policy and procedure scribe, John Martin Welfare officer, Suzie Skelton and John Robinson Junior Coaches.

You are most welcome to join the committee, please don’t feel you have to fullfill a certain role to join as sometimes these roles are created organically once you join, we meet once a month and have a general chat about anything club related, and other topics and always manage to have a giggle. Please remember we all work full time so if you are unable to make a meeting it does not matter.

There are lots of other ways to contribute to the running of the club, here are a few of our volunteers and areas in which you may feel you would like to help.

* Juniors Running club coaches and assistance coaches- John R and Suz and Ian Johnson as well as parents who volunteer- there would not be a Junior Running club if it was not for these three.
* Structured session- Carol Coach, Helen and John M run leaders who lead these sessions
* Cross Country Female Captain- Nik Dolphin Rowland
* No Cross country male captain
* Guiding one of our Visually Impaired Runners- Andy, myself but also this year we have had Jane & John M and now Emma G
* Taking it in turns to Bring the club tent or flag or flasks
* Stilton7 volunteers, Race organising, leaflet dropping, sorting race numbers, Marshalling at the Stilton7 or helping with the 3 club challenge
* Leading a paced run
* Helping at Park Run takeover
* Leading or tailing at an outrun
* Helping with a No Watch Race or Club Handicap Race
* Matt White also offering an opportunity to teach the ways of Orienteering.

As you can see there is lots of ways to contribute towards the running of our club, so please do come forward if you would like to help in anyway.

1. **Treasurers Report – Andy N**

The Income and Expenditure report for the year to 31st March 2025 was distributed via email to all members prior to this meeting. A few hard copies are available here too.

The report was audited by David Hall – a big thank you to David for auditing the figures for a second year.

To put the accounts into context overall – they show a high bank balance partly due to the timing of the Stilton 7 race this year – virtually all of the income from race entries for the 2025 race appears in this year’s figures but very few of the costs which will follow in the next year’s set of accounts. Most of the Stilton 7 costs shown in the 2024/25 figures are actually from the April 2024 race.

Some highlights of the report:

* Restated figures – you may have noticed that the previous year figures have been restated slightly. This was to separate out membership subs for juniors and seniors, rather than lumping them all together.
* Membership subs income was up with the introduction for the juniors of a fee for the under 11s and a higher fee for the older juniors.
* Membership fees payable to England Athletics were higher due to the £2 a member increase from £17 to £19
* The Juniors have been using the astroturf at MSV to train during the darker months and while the playing fields were too wet and covered more sessions this year. In addition, the grass track at MSV was painted out for us (for both the juniors and seniors to use) then repainted numerous times costing £480 in total. We weren’t made aware quite how often this would be done – or asked if we agreed to this - so cost a lot more than was originally envisaged. We’re not planning to repeat this for the coming summer.
* Clothing sales made just under £500 loss in the year – subsidies continue for some of the core kit items (race vests/t-shirts) while other optional items are sold roughly at cost.
* Membership of MMRFC - £250 paid to give us formal usage of the rugby club and its facilities
* Sponsorship income – thanks again to Luke Knowles and his business for funding the purchase of the new club tent that we still haven’t quite worked out how to best pack away!
* Stilton 7 – for the 2025 race, we raised the entry fee by £2 to £10 for affiliated runners and also increased entry capacity by 50 to 600 runners, due to no longer being constrained by capacity of the Stute. The entry fee was raised in anticipation of higher costs for portaloos, medical provision and course measurement fees (and to be in line with similar races like the Kibworth 6) although these costs are likely to be lower than anticipated. We also wanted to give the club a bit of a buffer due to the uncertainty about whether we can put on a league race in future. As mentioned above, most of the race costs will fall into the next set of accounts.
* From the 2024 Stilton 7 profits, we donated at total of £150 split between two charities nominated by members – Peppers and Maggie’s.
* Overall a surplus for the year of just under £1,200 and a bank balance of approximately £7,500 – but this is before around £2,200 of costs for this year’s Stilton 7 race and before our usual charity donation too.
* If all goes to plan, this will be my last report as Treasurer so firstly thanks (in advance) to my successor for taking on the role and to Katie and all of the committee members past and present for putting up with me since I joined the committee as Secretary in April 2016 and then Treasurer since October 2020. I’ll happily support the new Treasurer to ensure a smooth handover.

1. **Fee proposal for 2025/26**
   1. England Athletics have increased their membership fees for athletes from £19 to £20 (for 1st claim, age 11+) so we are planning to increase most of our fees by £1 too.
   2. Proposed fees are as follows:
      1. Senior (1st claim) £33 to £34 (no couples discount)
      2. Senior (2nd claim) £15 staying at £15
      3. Junior (11+) £27 to £28
      4. Junior (<11) £10 to £12
      5. Pensioners £25 to £26 (over state pension age)
      6. Students/unwaged £20 to £21
   3. For late joiners between 1st Jan 2026 and 31st Mar 2026, there will be discounts given too – similar to last year:
   4. Those who have been EA affiliated in the past:
      1. £26 for up to 3 months or £52 for up to 15 months
         1. (club gets £6 for 3 months or £12 for 15 months, EA gets £20 for 3 months or £20+£20=£40 for 15 months)
   5. Those who have never been EA affiliated:
      1. £26 for up to 3 months or £34 for up to 15 months
         1. (gives an extra £18 discount for renewing for 15 months as the EA fees are only charged once - club gets £6 for 3 months or £14 for 15 months)

We believe these fees are very competitive compared to many other Leicestershire running clubs and a lot cheaper than many other sports charge. All voted for the change, no votes against

London Marathon – each year we donate £150 split between anyone with a charity place and a large fundraising target that they have to personally guarantee. This year’s £150 goes to Lewis’ Diabetes UK charity. Good luck to all running London and other spring marathon

* 1. Question submitted - Why are there no costs in prior figures for Stilton 7? – These figures fall into current year due to the timings of the race (figures are noted at the bottom of this year’s report). Confirmation the report is accurate, proposed by Mark P, Chris G seconded.

1. **Juniors Report – Suzie S**

Suzie spoke about how the Juniors is a fantastic club with an impressive 45 paid members, and a good balance of ages with an older and younger group. The Juniors are proud to be fun and inclusive, with a mix of social and competitive runners. Children keep coming back and having fun. Stilton Strider vests now being used by Juniors which is a great way to represent the club. The Juniors have also been qualifying for national events, including a recent event at Loughborough University’s Paula Radcliffe Stadium. John R would like to stand down as Lead Coach over the next year, so if anyone would like to support please let the committee know. It’s a very rewarding role, so please get in touch with John or Suzie if you’re interested in this post.

1. **Election of officers** 
   1. Chair – Katie happy to stand again – Kurt proposed, seconded by John M
   2. Treasurer – new role - Lewis Hyde – Nikola proposed, Jane seconded
   3. Membership – new role - James Sutton – John M proposed, seconded by Mark P
   4. Existing committee to stay the same – Proposed by Chris G, Lee seconded
   5. Cross Country Male Captain – Agreed as Luke Knowles
2. **Stilton 7** 
   1. Katie asked for suggestions on the charity to donate some of the Stilton 7 proceeds to
      1. Chris V suggested Vista – all agreed
   2. Future of the Stilton 7 - Holwell Works closing means there may be no race after this year, looking at doing the Belvoir/ Hose Half Marathon as a replacement race – committee have had a couple of meetings with them already, looking at changing this to a 10 mile LRRL league race. Katie asked for volunteers and supporters to help with organising this race next year as it’s a big task and we’re keen to get this off the ground and keep the momentum going.
   3. Bosworth Half may not be going ahead next year due to the hosting venue closing
   4. Ian J asked about Stilton 7 being the furthest away race – have we spoken to any of the other clubs about changing the location of our race as the distance/ being further out of the county may impact the selling of places
      1. Not yet as we’re still in early discussions, but definitely food for thought
   5. Helen P - Do we know why Hose is struggling to sell places?
      1. Advertising hasn’t been the best as they’re not reaching the right people/ getting it out online
   6. Mark S - Is there an appetite for a half marathon in the league? A 10 miler is more popular
      1. We would be concerned about a half as Bosworth never sell out
   7. Ian J - Would it be joint with Hose village, not just ran by the Stilton Striders?
      1. It would be ran by Stilton Striders with the help of the village hall organisers
3. **Summer Outruns** 
   1. Barrow hosting this year 3 Club Challenge, brilliant event to get involved with – Tuesday 10th June – no outrun on the Wednesday, would do a run from Melton Rugby Club
   2. Watermead 10km - Wednesday 21st May – no outrun on this night due to the clash
   3. Belvoir road closure – Zoe sending details
   4. The club has produced a policy on outruns and running with dogs, please read this
4. **Structured Sessions – John M** 
   1. Technical sessions put in place to improve people’s running abilities, different drills and techniques for everybody to help develop your running. No matter where you are with your running, these sessions can help you to improve and we would like to encourage more people to attend these.
   2. Due to there only being 1 coach and 2 runner leaders involved, these sessions can be limited but are put on when we can. Could do with more help as the more people that can run the sessions the less pressure there is on all of the Structured session volunteers
   3. Minimum turnout suggested as it can be disheartening if not many people turn up
   4. EA run coaching courses and run leader courses; funding can be available if people are interested
   5. Another option would be to run a taster session, structured session on a Wednesday night instead of the usual routes, this could be hosted at MSV
   6. Please send the committee an email if you have any thoughts or questions on this section
      1. Mark S - Asked the room - what do the Stilton Striders members want from their structured sessions? Need to ask yourselves and report back to the coach, run leaders
      2. Helen P – Added it’s good fun leading the sessions, the people who do the sessions are so grateful and the feedback is always really positive. Suggested we get some soundings from the club about whether they would attend a session and explore more around what people want so we can gather if there’s an appetite
         1. Could put on a taster evening so people know what kind of things we offer during these structured sessions
      3. Katie H – any feedback from anyone who benefits from these sessions please let us know and share with the group
      4. Wayne H – Suggested we review the nights we do the structured sessions on as people can struggle to make them due to work commitments
      5. Ian J – Suggested the club dynamics have changed as there may be less competitive runners than there used to be now we’re more of a social club
5. **General Discussion – What do members want?**
   1. Katie H raised about the newsletter – do people read it?
      1. Most people raised their hands that they read and enjoy it
      2. Takes a long time to put together so please let Katie know when you’ve done a race
      3. Will now be a monthly bumper newsletter
      4. Chris G – raised that the website needs to be updated, newsletter needs to be added – Emily H will be looking at this as a priority over the coming months
   2. Luke K – are we still using the tent for league races as well as cross country?
      1. All agreed it’s nice to have the space for our bags and the tea and coffee after the race has proven really popular
      2. Katie H – we are always looking for volunteers to help get to a race early to put the flag and tent up please
6. **AOB**
   1. Melton Sports
      1. Melton Sports (Michael Cooke) do a fantastic job of supporting the club so thank you
      2. New order of tops is being ordered in 10 days if anyone wants anything
   2. Nikola D-R - Can we have a new flag for LRRL and Cross-Country logos on?
      1. All agreed this is needed
   3. New sign for Melton Sports Village
      1. Is currently being discussed by the committee, working out what we can do with what we have
   4. Livingstone Relays & Holme Pierpoint – Kurt
      1. Livingstone - Coming up in early May, club pay for entry so please come along if you can as it’s a great race
      2. Holme Pierpoint Grand Prix – we would like to get a strong team together and hopefully win a team prize