**Minutes of the Committee Meeting 1st April 2019**

Present:   
Zena Ellis Chairman  
Karen Bull Secretary  
Thom Darby Treasurer  
Christine Lathwell Ladies Captain  
Martin Smith Mens Captain  
Estelle Perkins   
Helen Morris  
Amanda Rankin

Apologies  
Dave, Penny, Lu and Tom.

Chairmans Comments

March comments

March is for many of us about plodding on and getting some serious miles in. So many striders took part in several races over the month from the MK Festival of Running, cross country Harpenden and Welwyn Half, runs around Ashridge, Gade Valley training runs, Oakley 20 and two half marathons around London to name but a few, well done all who took part. Please make sure you add your times to the race sheet regardless of whether you achieved a PB or not we like to have a record of all your races and it makes our job easier choosing the winners for our annual awards. We have a separate sheet for parkruns too.

We have our biggest event of the year coming up in May - the annual beginners course. Last year was incredibly successful with over 100 people taking part. If you were a beginner last year please come along and help us with the course - it would be great for the 2019 cohort to hear some of your stories and how far you have come in your running.

Enjoy the lighter evenings and running across the fields - please remember to stay seen and where possible always run in a group. Zena

Previous Minutes

The Minutes from March were accepted.

Matters arising

Wardown exhibition has been delayed.

Availability of coaches was discussed.

Striders race and licence is in hand – medals and flyers are being designed.

The beginners’ course flyer was discussed and leading on from suggestions, slight adjustments were made. An incentive for this year is to pay £10 on the first or second week which will cover the whole twelve weeks or beginners can simply pay £1 each week.

Dates for the diary

Time trial – 4th April

Striders takeover at parkrun – 27th April

The Striders challenge race will be on 09/02/2020 – flyers to be decided nearer the date.

Treasurer’s Report

Thom sent figures to Zena

Secretary’s Report

Nothing to add at present

Running Report for March 2019 by Martin Smith   
Wow! What an exciting month of running, just going to show what a resilient bunch us runners are. Most of the month we have been running through some of the worst imaginable conditions, finishing the month in brilliant sunshine.

As a lot of you prepare for Marathon season, we have seen the usual training activity plans taking up the distances, seeing over 9 half marathons within the month plus 20 milers. I am sure most of us will be on running tapers by now, so make sure you are taking care of yourselves with long stretches and easier light training runs to ensure no last minute injuries, something I am personally suffering with :(

The change of clocks brings the lighter evenings and I know personally I am looking forward to my evening runs across the fields and golf course.

Good luck to everyone throughout April’s season of Marathons and I look forward to updating your running report with a sea of PB’s

I think I have managed to get all of the times for the month from the sheets but please drop me a message if you think I have missed any …  
(Members races and times are on the website.)

Strider(s) of the Month   
Philip Davies and Phil Nitchin.

Next Social  
Will be on 25th April – this is also Brian Taber’s 80th birthday which means there will be cake ϑ  
Suggestions  
Amanda – None  
Thom- None  
Christine – None  
Karen – To ensure beginners have ICE cards.  
Helen – To be aware of other people when in groups.  
Zena – None  
Estelle – ICE tags – T-Shirts for coaches with their names on  
Martin – A different system for updating times and races onto a spreadsheet. Chat to Evelyn about ideas and suggestions. Could we add our own time?

AOB  
Dave has handed over the website to Evelyn. A thank you for Dave to be planned.

Striders to donate to DRR in remembrance of Martin Cowley who very sadly passed away recently.

Loraine Paine needs support when running – people who would like to support Loraine and indeed other visually impaired athletes are welcome to take park in a guide running course.

Christmas party - TBC

Runners’ profile   
Tom kindly said that he would do this. Estelle will provide the next one.

Next Meeting to be held in the Barrels on 13th May 2019