

COLWORTH STRIDERS ANNUAL GENERAL MEETING

Beds Arms Souldrop

THURSDAY 18th JANUARY 2007 18:30pm

Minutes

Present

Allan Davies	Tony Dadd	Sarah Robinson	Steve Hardy
Stuart Trevallion	Andy Kemp	Martin Vaughan	BronwynE
Stuart Marshall	Angela Nanulya	Jim Melling	Mark Tinkler
Giles Rigarlsford	Richard Piron	Annabel Rigarlsford	
Malcolm Holmes	Willie Young		

Apologies

Mike Statham	Richard Ogborne	Kees van Malssen	Elliot Kirk
Jamie Carter	Dave Briggs	Andy Griffin	Sami Sakardei
Dave Gore	Juliet Mortimer	Trev Cook	Alan Wooton

Minutes of the last AGM

These were accepted as a true record. Proposed by Tony Seconded by Allan

Chairman's Address (it's very long this year)

Thank you all for attending the AGM

2006 has been another successful year for the Striders

We had all our main events which were all well attended

Cross Country Race, Colworth Mile, Colworth 5 Relay Colworth 8

Also many participated in the Colworth Triathlon

And of course during the year the numbers running in the Handicap seem to be increasing each time it is run. Well done to everyone who took part in them

Also during the year for Richards retirement celebration a group of about a dozen of us went up to the Peak District and all agreed it was a bloody good weekend .. running and cycling around Derwentwater and despite some of getting bogged down in the .. well .. bog.

The 2 big striders events are :

Firstly The Rotterdam Marathon in April and 10 of us went over to participate and as usual the organisation by our Dutch colleagues was excellent for which we thanks them I think Tony only goes over there to get his legs rubbed by one of the beautiful masseuses

And secondly the Marathon Challenge Weekend which again was attended by record numbers. The Colworth 5 with 396 /456 finishers, the Trail race with 147/180 finishers and the Half Marathon with 161/218 finishers and a total of 98/126 doing the whole challenge We also have 8 people who have completed all 5 challenges so far.

Unfortunately I could not attend the Saturday and Sunday races as I had a pressing engagement with the Eagles at Twickenham (blooming fantastic as it happens)

There are several people I have to thank
Tony for his sterling work in organising the handicaps and the training sessions but particularly for being the driving force behind the challenge weekend .. without him it would not anywhere near as successful

And the others who make the weekend run smoothly .. Dave, Trev, Steve, Richard, Mike, Mark and a special thanks to The Bedford Harriers for their support during the Marathon Challenge weekend

A special thanks to Trev for timekeeping these event .. he does a great job sometimes under difficult conditions

And finally to everyone who takes part in these events.
That's more than enough from me

Treasurers Report

We've got loads money again .. see the report on the Colworth Forum

Election Of Officers

It was proposed that the current officers remain in position and this was carried.

Malcolm Holmes Chairman

Sec Mark Tinkler

Tony Dadd Treasurer

However, Malcolm may well be leaving the company very shortly it was proposed (by Tony Seconded by Allan) that he steps down upon leaving and that Mike (takes over the Chair)

All proposals were carried unanimously by the meeting

Club Awards

Ye Olde Alan Wooten Frisbee Award

A few contenders ...

Richard for running into a pony... but this was during a race and doesn't count ..

Tony for falling off his bike... a few days before a race

Giles for getting Annabel pregnant and having an excuse not to go to Rotterdam ..

But the winner by far has to be .. well the story is we received an e.mail earlier in the year and this sort of sowed a seed that such dereliction of duty deserved some sort of award ..

Extract from citation / confession.. ...

This is really an extended 'worst thing' message. But I'll start at the end - my Marathon time was 4:11:29 a PW by about 12 minutes and my first time over 4 hours. Not that it was a bad run; I managed to maintain a fairly steady pace and heart rate. The weather couldn't have been better - light wind, reasonable temperature and even a light shower towards the end to cool me down.

On course facilities were excellent with loads of water stations - I've never finished a marathon so well hydrated. And I've recovered quite quickly too.

It was a 'better' course than Rotterdam with some proper hills fortunately the last one is at about 18 miles so the finished is civilised.

Also reasonably scenic but then almost any random 26mile course in NZ would be.

So why the slow time?

To start with training. I'd done plenty of miles with several 2.5 - 3+ hour runs towards the end. What I hadn't done was much speed work - I needed those lunchtime burns to put an edge on the speed. It wasn't 'til fairly late that I discovered a 10k route with k markers - a couple of timed runs suggested that 5.5 minute ks would be good going for the Marathon.

The really top notch preparation was in the final 2 weeks though. Karen is lecturing at Auckland Uni and the 2 weeks after Easter was the only time we could fit in a tour of S. Island.

It started OK with the NZ orienteering championships over Easter weekend so I did, at least, get in some running.

However, any 'good thing' effect was lost by losing my running shoes (by leaving them at the last orienteering event). Rural NZ doesn't exactly abound with shoe shops and rural was what we were doing but by mid week we got close enough to civilisation to get some shoes. I even managed a run in them before the Marathon (and wore them a lot).

Luckily they turned out fine and my feet were no more mangled than usual (few blistered toes). The tour of S Island was excellent - as was the food - NZ restaurants are both good and cheap so I doubt that helped with the running.

Then with less than a week to go a tooth that had been niggling a bit turned into a throbbing nightmare - a visit to a dentist in Invercargill left me down one tooth - Marathon running hadn't been specifically forbidden (possibly 'cos I didn't ask).

Tooth actually healed up OK and was more a worry than a pain on race day. And there's more. The timing transponder was supplied on a neat ankle strap rather than having to be threaded through the laces. This was a pity as I got half way from our Motel to the start before realising it wasn't round my ankle. This led to a rather better warm up than I'd intended but I made the start with about 10 minutes to spare. Fortunately with a civilised field of ~3000 (biggest in NZ) I could comfortably slot into my slightly ambitious time slot.

Ye Olde Alan Wooten Frisbee Award is..... *Steve Hardy*

Yes its quite fitting really since he is the best proponent of' *that's the worst thing you should do before a marathon* 'this award specially constructed.....Steve can remove the Frisbee if he should ever be silly enough to want to re-stage the special ceremony that goes with the award at the Port of Dover this year on way to Rotterdam (where he will be attempting not to get run over by the *Police Motorcycle Cavalcade* in the marathon finishing straight). There is a certificate to go with it - doesn't Frisbee as well.

Most improved beginner

We have a special award for the person we are all very impressed with .
Citation : she started running in July and has managed to take part in all the Striders events since .. the Colworth 8, the Colworth triathlon , the handicaps plus the Great South Run and the Luton Marathon Relay .. also planning to do a half marathon in a couple of weeks. In the handicap runs she has consistently improved on her time and as a result is way ahead on points

The **Most improved beginner** is**Lucy Tomlinson**

Strider of the Year

The nominations were

Paul Stuart

Mark Tinkler

Tony Dadd

Malcolm Holmes

Lucy Tomlinson

Trev Cook

The **Strider of the Year** is..... **Paul Stuart**

Club Champion

Many of you will remember last years shock winner Martin Vaughan . Well after even more fiddle factoring .. taking into account times and races and wind speeds and rainfall and breaking PB's by seconds...well a second..... ..

The **Club Champion** is **Stuart Trevallion**

2007 Events

Marathon Challenge Weekend June 22 , 23 and 24

- We have had financial help from both Ice Cream and beverages
- There will be no entries on the day for the Colworth 5
- The aim will be to raise £5000+ for charity
- Avenance will be doing the food
- Same routes as last Year
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Mile Friday 4th May

Rotterdam Marathon Sunday 15th April 2007

Colworth 5 Relay Friday 15th June

Marathon Challenge Weekend

Colworth 5	Friday 22 June 7:00pm
Trail race	Saturday 23 June 12 noon
Half Marathon	Sunday 24 June 10:30am

Colworth 8 Early September TBA

Colworth Triathlon September TBA

Chip Butty Run December TBA

Cross Country TBA

AOB .. none

Meeting closed at 8:30 'ish and some of us ran back to Colworth

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THURSDAY 18th JANUARY 2007 18:30pm

1. Minutes of last year's AGM
2. Chairman's address
3. Treasurers Report
4. Election of Officers
5. Club Championship
6. Marathon Challenge 2007 (25th Colworth 5)
7. Events 2007
dates

Mile	
Colworth 5 Relay	
Marathon Challenge weekend Colworth 5 Trail Race Half Marathon	Friday 22 June Saturday 23 June Sunday 24 June
Colworth 8	
Cross Country	

AOB