

**Colworth Striders
Annual General Meeting
2011**

**Bedford Arms, Souldrop
Friday 11th February 2011**

MINUTES

Present:

Mark Tinkler: Chairman
Trev Cook: Events Secretary
Bill Shingleton: Minutes Secretary
Tony Dadd: Treasurer
Richard Piron: President
Allan Davies: Vice President
Malcolm Holmes: Vice President

Richard Beard, Steve Kidd, Mike Statham, Bronwyn Elliott, Allan Wootton, Paul Stuart, Willie Young, Giles Rigarlsford, Dave Sheffield, Llorenc Mila-i-Canals, Kevin Shelton-Smith, Stuart Trevallion, Emma Keller, Sam Windebank, Niteen Sawant, Neil Loader, James Peden

An excellent turn out! If I have missed someone, sorry to you.

Apologies:

Andrew Evans, Cheryl White

Minutes of the 2010 AGM

These were accepted as a true record of the meeting,
Proposed by Tony and seconded by Kevin.

Chairman's Address

Again all our main events which were all well supported : Cross Country Race, Colworth Mile, Colworth 5 Relay, Colworth 8, Colworth Triathlon (which sadly I missed due to Swine Flu). The Time Trial Handicap has gone from strength to strength - so thanks Trev for organising and fellow time trialists for competing.

We entered a Relay Team in the Adidas 24 hour Thunder Run and managed to beat the Port Sunlight team of Kelvin and Caz. An amazing result over a tough 10k cross country course.....made even tougher when running in the middle of the night with

a glow worm for a torch. Thanks to Bron, Helen, Dave, Allan, Stuart T, Andy K and Nick - for not leaving me running round all night.

We again sent a squad to the Rotterdam Marathon in April and enjoyed the hospitality from our Dutch colleagues. And Helen and Christelle did amazing times in their first marathons at Brighton.

Our new beginners series of sessions were well supported resulting in a large number of them running in the Colworth 5 - an amazing result to be able to run 5 miles in less than 6 months from an armchair start. And we are looking to repeat this success with another series of beginners sessions this year - already well attended. Thanks to you all for your support in coaching and motivating our beginners.

The whole Colworth Marathon Challenge Weekend was again well attended and with Andrew new at the helm exceptionally well organized. Thanks to Andrew, Tony, Della, Trev, Bill, Mike, Willie, Chris Capps and Bedford Harriers for use of their kit and to everyone who help out over the weekend. We again raised an amazing amount for charity.

When you all retire you can all come and join the Ancient Striders as they trail blaze around the countryside discovering new routes and sights. For some reason we always finish in a pub? In the spirit of competition we entered the Colworth Pensioners Quiz and came 4th..... The problem of a combined knowledge of 550 years is no one can remember anything.

Mark Tinkler Chairman Colworth Striders

Marathon Challenge Report.

The 2010 Colworth 5 + Marathon Challenge Weekend proved to be another very successful event in 2010. Despite the best efforts of the weather on the Friday night, combined with some unfortunate clashing with the World cup, we had over 300 finishers for the '5', with over 130 finishers for the Marathon Challenge Weekend. Traditional Colworth hospitality was provided, with free camping, free family entertainments, generous Lipton Ice Tea and Slim Fast sponsorship, and even a king sized TV to allow England's dismal football performance to be despaired at. We tried a number of successful innovations this year. Participants enjoyed the new choice of food that included Indian food, and local scouts groups ran a climbing wall and provided a team to assist with car park duties. We increased prices for all the main events, and this, combined with reducing costs in key areas resulted in a record year for charity fund-raising, with over £7k being raised for local good causes. All these successes are due to the support given by organisers and volunteers, upon which the entire event depends. To all those who so generously gave their time, a huge thank-you.

Inevitably there were some learning points and we will incorporate these into the 2011 event. A medical issue resulting from an underage participant competing in the event validated our policy of setting the minimum age at 16, and the argument with

one competitor's immediate family will result in this year's timings being strictly 'gun time'. We live and we learn.

Looking forward to the 2011 event, there will be changes - for example we have new caterers on site and we welcome some new faces onto the organising committee. However the overwhelming priority will remain to deliver an enjoyable, challenging and safe event with increased participation - in particular from Colworth people. The Colworth 5 and Marathon Challenge weekend is an outstanding event that really shows what Colworth is about. All of the Striders are asked to help make the 2011 event even more successful than before. We can all do this, by:

- Participating, either on the organising committee, as a volunteer (e.g. marshal) during the event, or as a competitor.
- Encouraging friends and colleagues to enter and enjoy the event
- Supporting the new runner's group, who are all aiming to get 'fit for the 5'.

Please give some thought about how **you** can help support this year's event. Andrew Evens, MCW Supremo.

Treasurer's Report.

It balances well!

Accounts are available at on the [Striders](#) Website.

£1000.00 kept in account

On difference to highlight from previous years: Red Nose Day, we raised £250 from our 'combined miles' on the day.

Striders good financial situation, which enables free membership, support of trips and team events, subsidised entertainment (CBR, AGM) is all down to the Marathon Challenge. Please support this in any way you can.

Treasurers Report: Proposed by Bill seconded by Trev. Unanimously agreed.

Future Rotterdam Marathon trips be supported. Proposed by Tony, Seconded by Paul. Unanimously agreed.

Striders to support other team events if the following criteria are met:

- Open to all on the Striders List
- Non-competing senior members of the club to be involved in the decision.
- Money available for entry fees only.
- Striders kit to be worn and entered as the Colworth Striders

Proposed by Tony, seconded by Mark. Unanimously agreed.

Election of Officers.

Unanimous agreement that there should be absolutely no change to the current order – result!

Tony has now been treasurer for over 10 yrs. Consider Andy Evans in future (you should have come Andy!)

2011 Events

Rotterdam / Brighton / London Marathons (April)

Edinburgh Marathon, Colworth Mile (May)

Colworth 5 Relay (Early June)

MCW (Supremo for 2011 is Andrew Evans) – 24th to 26th June.

Colworth 8 (September)

Colworth Triathlon (September) all encouraged to enter, a really good event to have a go at your 1st triathlon.

Chip Butty Run (December)

Cross Country Race (January 2011)

Club Awards

Club Champion: Calculated by our one and only Time Lord, Trev Cook, from all sorts of events that Striders participate in over the year, excludes recent winners. The 2010 Club Champion is **Neil Loader**.

Striders Strider of the Year – Nominations are:

- Cheryl White for her IMPRESSIVE trajectory in the Striders, from beginners to running a marathon this year
- Andrew Evans for setting up and running the new starters session on a Wednesday and for organising the Marathon Challenge
- Trev Cook for risking spilling and diluting his pint in the wind and the rain to run the TT every month for being the uncomplaining and cheerful Time Lord on countless events - commitment towards this bunch of reprobates is the polymer of the glue that holds their attempts at athletic endeavour together. Plus input to the MCW is currently irreplaceable.
- Winner is: **Andrew Evans**.

Most Improved Strider: Nominated and selected from a poll of regular and senior Striders: **Sam Windebank**.

Multisporter of the Year: A clear winner: **Stuart Warren**.

Beginner of the year: New award for 2010: **Cheryl White**

The Alan Wooten Frisbee Award – Nominations are:

- Alan Wooten, almost posthumous after he ran in front of a high-speed train on the way back from the chip butty run in the snowy/icy weather
- Andrew Evans for leading an innocent strider (Paul Stuart) astray into a 'public house' on their ultra distance double marathon London to Brighton.

Then proceeding to make a total mess by being ill in the car when the Stuarts gave him a lift back to Bedfordshire. And then missing over 2 months training while recovering - he was that bad. No mountains in sight to blame this time - only a lesson in drinking (evils of and otherwise).

- Giles Rigarlsford for torching the changing rooms and then turning his ankle before going for a run
- Willie Young for joining the gym and pulling his hamstring or was that just an excuse not to do races over the summer and autumn!?!
 - For arson in the changing rooms and the shortest ever run (measured in inches) from the Club changing rooms the winner is: **Giles Rigarlsford**
 - Clockwork train awarded to Alan Wootton for Train Dodging

AOB

Do we have enough money in the budget to have a flag made for the Striders to put up at team events. Allan Davies to investigate costs.

Boards up in the club house saying how much we made for charity. Malc Holmes to investigate costs and return to AGM in 2012.