

SPECTRUM STRIDERS 2015 ANNUAL COMMITTEE REPORT

Welcome to the Committee report for 2015. This is Spectrum Striders 32nd year.

Club Management

There is a big change for the committee as Julian Spencer steps down as Chairman after nearly 20 years. Julian remembered "I only volunteered to be a general committee member as I was very new to the Club, but after 5 months I was asked to take over as Chairman when the then chair had moved away to live in Chester and could not really continue".

As always the coaches deserve a special mention - each coach puts a lot of time into planning sessions as well as actually coaching on Club nights in this unpaid voluntary post. This is very much appreciated. We still need some new coaches to support the existing ones and expand options in the training that we can offer to our Club members. If you are interested, even if only to have a go, please come and have a chat with David Redpath (lead coach) or any committee member. Special thanks also to John and Linda Owen for managing the Beginner's Initiative again this year.

The website is our portal to the outside world as well as a source of information for Club Members. For up to date information, with a finger on the pulse, the website is quicker than the BBC news website. This is mainly down our man at the helm, **Les Hewitt** supported ably by **Alan Brady**. Thanks Les and Alan. Facebook is also becoming an important Club link for many of you.

The Club Newsletter is produced every month and provides us all with stories from recent events, race results and even a recipe or two. We must thank Sue Buck as she completes her second year as Newsletter editor with the December issue. Please note we are looking for a new volunteer to be editor from 1st January as Sue is stepping down.

Club Races in 2015: The Club profile in the North West is maintained through the success of our four races and our reputation for quality organisation upheld through the efforts of all who help.

Thanks to you all, as none of our races could exist without the huge amount of support that you and your families provide. We try to ensure that as many Striders as possible can take part in Club organised races, the exception to this will always be the Birchwood 10k as this needs 100+ helpers to organise. The following table shows that we are succeeding with this objective. We try to make a healthy surplus too on all our races, which underwrites your Club and keeps your membership fees low. Yet again the additional costs imposed by the council on our smaller road race at Hollins Green has caused us to make a loss on that race. We have, however, invested £800 in sending eight people on a UKA traffic management course. This saves us £500 at each Hollins Green race as we don't have to employ a traffic management company for this low key road closure. It saves us money at Birchwood 10k too as less guys from the Traffic Management company are needed.

Race	No. Striders ran 2015	No. finishers in 2015	Change in no runners since 2014
Hollins Green 5k	31	170	Up by 37
Birchwood Brook 5k	26	124	New race in 2015
Forest Park Ladies 5k	27	150	down by 1 runner
Birchwood 10k	0	941	up by 40

Historically we have always made a charity donation from the 10k race surplus. This year we have made a £300 donation towards St Rocco's Hospice.

Cross country: This year we concentrated on the North-West Sunday Cross Country league. The competition has changed radically with the added strength of several new clubs along with the combined multi-club teams to improve competition. The men ended up 6th overall and the ladies ended up 1st out of the 15 competing teams. In race 1, at Clarke Gardens, of the new 2015-16 Sunday league series both men's and ladies teams were 4th.

Fell Running: A big success for the fell runners during 2015 has been the 8 Striders who ran in the World Masters Mountain Championship at Betws-y-Coed in September. In addition we managed to get 2 teams of 6 runners to compete at the National Fell relays in Pendle Hill despite a collection of injuries. Next year the fell relay is up in Scotland so we may only manage to send up 1 team given the long journey, but if there is enough enthusiasm to travel maybe we can still run two teams. Hopefully the FRA will allow mixed teams to run next year.

Social events:

A selection of social events over the year helped to give us a break from training. Thanks to Dave Thompson and Steve Pickford for the pub quiz we held at the Noggin in October.

The Club Handicap race was won overall by Jane Pownall and first man was Brad Ehlen who was 9th overall out of 44 runners. The fastest man and woman on the night were Chris Millington (for the 2nd year running) and Alison Russell.

After the sudden closure of the Bay Leaf the curry nights have re-convened at the Tiffin in Culcheth on the first Thursday of the month. We would love to see more new members attend this social event as it is a nice chance to chat and get to know more people in the Club in person as well as making new friends via Facebook.

Thanks to Kate Johnson and Carolyn Arber for organising the Annual Awards Dinner Dance at Warrington Golf Club last January, we return there again under their management in January 2016.

Championships: The Club have three different Championships which are scored in different ways. The aim is to create a set of target races to help you improve, to have fun competing against your own Club members and to encourage lots of you to take part in races. In the fell championship the winners are decided as all races are completed.

Championship	Road	Cross-country	Fell
Senior Men	<i>Neil Adair</i>	<i>Karl Steinegger</i>	Neil Adair
Veteran Men	<i>Chris Millington</i>	<i>Chris Millington</i>	Chris Millington
Senior Ladies	<i>Alison Russell</i>	<i>Liz Whitfield</i>	Liz Whitfield
Veteran Ladies	<i>Jane Lowe</i>	<i>Jane Lowe</i>	Jane Lowe

We believe that the road and multi-terrain championships are effectively decided as it will be challenging for leading runners to be caught. We must thank Janet for all the work collating the Road Championship and Standards, Neville Griffiths for the Fell Championship and Liz Whitfield for the Cross country and Multi-terrain Championship.

Membership: We currently have 184 members, as of mid-November. We had 211 members last year at end of March 2015, but there are several of you who have not yet renewed hence the reduction in Club London marathon places as we have less than 150 members registered with UKA. Of the total membership this year there are 71 ladies, which is 39% of the total. We hope more renewals will use the on line facility next year, but please can you still fill in your personal details on a membership form or send them in an equivalent email to the Membership Secretary as so many of you change phone or email address each year.

Next year's goals: To review and update the training on Thursday's and Tuesday's if you the members believe it needs any updates. Please give us your views at the AGM as we can get a good steer there.

Prepared by Julian Spencer on behalf of the Spectrum Striders RC Committee for 2015:

Julian Spencer (Club Chairman), Alan Brady (Club Secretary), Graham Driver (Membership Secretary), Alison Russell (Club Treasurer), Andy Garnett (Club President), Dave Thompson, Liz Whitfield, and Kit Whitfield.