

Denmead Striders Running Club

Committee Meeting

Date: 8th January 2019

Location: Silvester Road, Waterloooville.

Present	Apologies
Terry Aked	
Tracey Crank	
Stuart Hoare	
Julia Revill	
Lee Weeks	
Martin Shaw	
Gary McCawley	
Mel Hunt	
Simon Toms	
Kirsty Aked	
Clare Welch	
Paul Welch	
Graham Clarke	

1. Committee Meeting.

1.1 Club Chairman

Welcome back after the festive break, I'd like to wish you all a happy and healthy 2019.

It was great to see so many of you at the Christmas party. Judging by what I saw, and the feedback received, it was an enjoyable night for all. Special thanks to 'The Colonel' Mike Shaw for the amazing array of raffle prizes he secured on behalf of the club.

I would personally like to thank Lee Weeks on behalf of everybody at the club for his fine efforts during his 5 year tenure as vice chairman. As you are all aware, Lee will step down at the AGM. However, the legendary curry and drinks nights will continue, if Lee can remember when and where they are happening!

The Denmead 10k took place in October under the excellent leadership of Rory Heard and his team, and once again the event was a great success and has received the usual positive response. Well done and thank you to all involved in making the race happen.

2018 saw strong results from both the Mens and Ladies teams, with our high positions in the leagues seeing us frequently getting the better of so called 'bigger clubs'. I'm sure Martin and Kirsty will elaborate on this later, but well done to all competitors.

Despite requests at training and online, nobody has come forward to show an interest in the Vice Chairman position. I have approached a suitable candidate, and with agreement of the committee tonight, they are happy to take on the role.

The club AGM and awards night are on Friday 15th March at the RNA club in Waterloooville. All members are welcome to attend the AGM, the awards will follow the meeting. This is YOUR club, why not come and see what goes on behind the scenes?

1.2 Vice Chairman

The vice chairman reported that there were no reported health and safety issues and most runners were wearing hi-viz at training sessions.

The only concern was crossing the road near Lidl to get to Berewood and Milton Road to get to hills training sessions. It was agreed that the coaches would be instructed to lead the warm ups through the back roads of the business park and exit on to the main road at Silverthorne Road.

1.3 Club Secretary

Matters Arising from 9th October meeting:

RNA Club Booking: Booking for AGM and Awards Night is now confirmed.

The Secretary had received information from Sarah Gardiner regarding First Aid courses. This led to a discussion about first aid cover for training sessions. It was agreed that we would make announcements at training sessions to see if we have any trained first aiders who would be willing to help, the secretary will compile a list of people qualified and see if anyone would be interested in training if we don't have enough volunteers.

1.4 Club Treasurer

The accounts are appended. The Denmead 10k finished with a very small surplus but costs included medals for next year so there would have had a profit of around £500. Overall the accounts show a deficit for the year but the club still has funds. Current year subs are now coming in. We will need to buy a couple more trophies as some are now full, may need to spend on first aid and coaching courses.

The treasurer will arrange for the accounts to be examined in time for the AGM. The committee agreed expenditure on a gift for the examiner.

1.5 Membership Secretary

2019 Membership fees are coming in. No problem with increase to £25. Lisa Marie Peckover will email Julia the fastest times list for Julia to check who is actually a member as many of the Park Run results have ex members showing as Denmead Striders.

1.6 Club Captains

Ladies: Kirsty Aked reported

After 4 HRRL races the ladies A team are 2nd in Division 1 and the B team are 6th. We have managed to have full teams at all races except Victory.

Looking ahead we appear to be struggling to get good attendance at some races. It is great to see some new faces at races but numbers are still down possibly due to some of the longer standing members being bored with the HRRL races. Kirsty will encourage new ladies to enter races so we can maintain our position in the league.

Men: Martin Shaw reported:

No issues with attendance on the men's side with 25 at Gosport and 15 at Victory. Current league positions are:

A team 6th place in A Division 1
B team 4th place in B Division 1
C team 6th place in B Division 2

Martin announced that after 5 years in the post he intends to stand down as men's club captain at the AGM.

1.7 X-Country Representative.

Paul Welch reported;

We're now 4 races (out of 6) into the season and performing very well, we currently stand 11th out of 23 teams.

Our team race results have been consistent, with two 10th place finishes, one 11th & one 13th. Only five of the six races count towards the end of season result so hopefully we can squeeze a couple of top ten finishes to try to maintain or improve on our 10th place finish from last year.

We have had 31 different men represent the club and 7 of those have raced in all four races. (Brian Harris, Gary Armstrong, Gary McCawley, Graham Clarke, Paul Welch, Rob Wilson & Tony Laurenson)

We have had 10 different ladies represent the club and 3 of those have raced in all four races. (Clare Welch, Jenny Parks & Lisa-Marie Peckover)

With the withdrawal of the Manor Farm race the next one is new, Chawton House which hosted by Alton Runners.

1.8 Striders League.

Graham Clarke reported;

We finished 2018 with 9 out of 21 Striders' League races completed – 5 road races, 4 cross country.

Participation has been excellent with 70 members (20 ladies, 50 men) taking part in at least one race. Suzanne Richardson, Rob Wilson and Brian Harris have participated in all the road races and Lisa Peckover, Clare Welch, Jenny Parks, Rob Wilson, Brian Harris, Gary Armstrong, Gary McCawley, Paul Welch, Tony Laurenson and Graham Clarke have gained points in all the cross country races. From these lists you can deduce that Rob Wilson and Brian Harris haven't missed a League race – yet!

Performances reflected in the number of League points achieved in the road races continues to be impressive. Of particular note are Kirsty (9 points at Gosport Half, 8 points at Victory 5), Linda Taylor (9 points at Solent and Gosport Half), Julian Manning (9 points at Gosport Half) and Kev Gale and Lee Weeks who gained 8 points each at Gosport. Brilliant!

So the League positions at the start of 2019 are:

Ladies

5 th	Suzanne Richardson	35 points
3 rd =	Jenny Parks	41 points
3 rd =	Clare Welch	41 points
2 nd	Kirsty Aked	42 points
1st	Lisa-Marie Peckover	49 points

Men

5 th	Adam Chant	50 points
4 th	Gary Armstrong	56 points
2 nd =	Graham Clarke	57 points
2 nd =	Brian Harris	57 points
1st	Rob Wilson	63 points

Still early days though with bonus points to be added and "best of 12" road races to be selected!

1.9 Social.

Lee Weeks confirmed there would be a Curry Night on Friday 8th February possibly at Horndean Indian Cottage but venue to be confirmed.

There will be a drinks social evening at The Woodpecker on Friday 5th April.

The annual Easter Walk will be on Saturday 20th April. Details to follow.

Terry Aked confirmed the Christmas Party venue and DJ has been booked for Friday 6th December 2019.

2.0 Coaching.

Gary McCawley had nothing to report but had contacted EA rep to find out when the next local coaching courses will be held for those coaches wishing to do higher level courses.

3.0 Members Representatives.

Simon Toms hadn't had any comments from members but made a couple of points:

Building work is expected to start on land to the side of The Forest of Bere which may impact on the lanes used for summer training. We may need to move training sessions to the lanes from the cross roads at the top of Kidmore Lane.

There is a lot of chatter when the coaches are trying to explain the sessions. Members need to show respect to coaches and other members and allow instructions to be clearly given.

Mel Hunt reported that some ladies would like club T-Shirts but these still didn't seem to be available. We have to order 10 as a first order before individual orders can be fulfilled. After some

discussion it was agreed that we would be able to sell 10 so Clare would advertise on the website and facebook to get those interested to order.

4.0 A.O.B.

4.1 Denmead 10k – The committee agreed that we do want to hold the Denmead 10k race in 2019 and the date was confirmed as 13th October. The committee were more than happy for Rory Heard to continue as race organiser and we would look for volunteers to shadow the race committee this year so that the existing team could step away if they want to. There was also a discussion about Striders winning all the prizes and there being a struggle to get marshalls for the event so it is proposed that Striders would not be allowed to enter the race.

4.2 Vice Chairman – Further to the chairman’s opening comments the committee agreed to the appointment of Clare Welch as the new Vice Chairman. She will take on the role from the AGM in March.

4.4 Ladies Group – The chairman had received a suggestion from one member that the club should have a ladies group so that the slower ladies didn’t feel intimidated by fast runners at training sessions. It was agreed that the ethos of the club is that all abilities train together so the suggestion was rejected.

4.5 Club Constitution – There are several, mostly cosmetic, changes required to the Club Constitution. These will be identified and agreed at the AGM.

4.6 Website – this is now being looked after by Clare Welch and Graham Clarke. They are looking at ways to improve the site and are hoping to put a new demo site together for the committee to look at.

4.7 Post Training Stretching – Kirsty suggested that some members would benefit from stretching after the training sessions, especially new members who may be new to running. Individual coaches will announce at the start of the session if they intend to do a post training stretch session.

Next Meeting

16th April 2019

DENMEAD STRIDERS RUNNING CLUB**Income & Expenditure****01 January 2018****to 31 December 2018****2017**

	£	£	£
Balance held, 1 January 2017			
Balance at Bank		5,022.05	3,422.77
Cash in hand		-	90.00
		<u>5,022.05</u>	<u>3,512.77</u>
Income			
Subscriptions	3,766.00		3,296.00
Great South Run	-		300.00
Easy Fundraising	151.24		209.37
Bank interest	1.92		-
Other	-		-
	<u>3,919.16</u>		<u>3,805.37</u>
Running costs of the club			
Affiliations & memberships	2,636.00		2,272.00
Coaching course	-		420.00
Equipment, etc.	-		199.85
Stationery & other costs	17.00		37.97
Website/Domain	139.08		-
Awards night costs	1,120.55		897.69
Donation - Denmead scouts	500.00		-
Social events	205.73		102.72
Ryde Road Race transport	175.08		252.74
Independent examiner's gift	-		25.00
Other costs	28.99		58.30
	<u>4,822.43</u>		<u>4,266.27</u>
Club running deficit in the year		(903.27)	(460.90)
Denmead 10K, surplus		31.16	1,970.18
Balance of the Club, 31 December 2016		<u><u>4,149.94</u></u>	<u><u>5,022.05</u></u>
Represented by:		£	£
Balance at Bank - current account		1,143.02	5,022.05
Balance at Bank - deposit account		3,001.92	-
Cash in Hand		5.00	-
		<u><u>4,149.94</u></u>	<u><u>5,022.05</u></u>

I confirm that these accounts, consisting of the Income and Expenditure Account are in accordance with the books and records as presented to me.

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Independent Assessor