

Denmead Striders Running Club

Committee Meeting

Date: 15th October 2019

Location: Silvester Road, Waterloooville.

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

1. Committee Meeting.

1.1 Club Chairman

Sunday saw another hugely successful Denmead 10k, the whole event ran like clockwork, many thanks to Rory Heard and the 10k committee for their hard work. It was also fantastic to see so many members getting involved on the day with marshalling and various other duties, so thanks also to those people that helped out, we really can't do it without you.

We have now received a council grant of £360 for first aid training for our coaches, plus a couple of others who expressed an interest at the time. This training is being arranged ASAP and we will let you know when the training has taken place.

Our winter training sessions are now well underway and despite the building work at Berewood complicating some of our routes, the sessions have been well adapted to overcome this and everyone seems to be enjoying them. As always, thanks to Gary and the coaching team for their efforts.

It has become apparent recently that matters discussed at committee meetings, and decisions that are made, are not being fed to members clearly enough, despite the documented minutes from the meetings appearing promptly on the club website. I would therefore like to suggest that moving forward we look at ways of ensuring everyone can find information easily – even if they are not a Facebook user.

Lastly, as the year rapidly starts to disappear, I'd like to remind everyone to get Friday 6th December on their calendar for the club Christmas party. This will once again be free to members and be held at the RNA club in Waterloooville, the same venue as the last couple of years.

1.2 Vice Chairman

The vice chairman had contacted St Johns Ambulance regarding first aid training as we have now received the grant. They will do tailored sports training for 12 people, all coaches plus 3 members who expressed an interest. We need to complete a form and suggest dates so Gary McCawley

agreed to contact coaches to get possible dates. Stuart Hoare agreed that we could use the Cowplain Scouts hall for the training.

1.3 Club Secretary

Matters Arising from 16th July meeting:

First Aiders: See above.

The secretary had received notification from England Athletics that the club affiliation fees for 2020-2021 will remain at £150 but the individual fees will rise by £1 to £16 per person. It was agreed by committee that this increase will be passed to members so the total membership fee will increase to £26 from January 2020.

England Athletics had also emailed to say that all members must be registered by 28th October to count towards London Marathon places and the site will open on the same day to register. The secretary will register as soon as possible after that date to confirm we will get the 2 places.

The secretary announced her intention to step down at the next AGM and agreed to write a job description so a replacement can be found.

1.4 Club Treasurer

The accounts are appended. Stuart Hoare reported that so far this year expenditure has exceeded income but the club still has over £4,000 in reserve. The surplus for the Denmead 10k was expected to be around £1,000. There will be more expenditure later in the year for web hosting and coaches courses.

1.5 Membership Secretary

The membership secretary reported that the club now has 174 paid up members.

1.6 Club Captains Ladies: Kirsty Aked was unable to attend but sent the following report;

We are just 2 races into the new HRRL season and as it currently stands the ladies team positions are:

Ladies A Team Div 1 - 3rd place out of 10
Ladies B Team Div 1 - 13th place out of 15

4 of our ladies have competed at both races:
Lisa-Marie Peckover, Lee King, Jenny Parks and myself.

Unfortunately we haven't been able to make a full B team so far this season. Although 10 female Striders had entered Overton only 5 were present at the race, mostly down to injury.

It is a disappointing to be falling short of full teams so early in the season, especially given the abundance of ladies in our club! However it was great to see one of our relatively new members, Lee King, getting involved in the league races and I know that more of our recent joiners have signed up to the coming league races. So given it is early days I am confident that our performance will improve as the season continues

Men: Gary Armstrong reported:

First HRRL Race – Overton 5

12 Men competed, giving us a full A, B and C team

Second HRRL Race – Solent Half

15 Men completed, giving us a full A, B and C team

It's been a good start to the HRRL season for the men, three full teams at both races so far.

The A team are currently 2nd in A Division 1

The B team are currently 6th in B Division 1

The C team are currently 3rd in B Division 2

As everyone is probably aware the HRRL races are selling out really fast, posts have been put on the Striders Facebook page to remind people to sign up.

Also, there is a Facebook group called HRRL Number Swaps which is dedicated to people who are looking for places for sold out races and offer places for races they cannot run anymore. I'll put a post on our Facebook page to make people aware of this. This may help anyone who misses out.

1.7 X-Country Representative. Paul Welch reported;

SCCL AGM minutes, highlights:

Last season review:

The season saw an increase in numbers participating of 25%, with an average of 455 runners in each race, and a highest attendance of 521 runners. 26% of people took part in 5 or more events. The main positives were the new website, the social media presence increasing and the new race at Chawton House, balanced by the Stubbington event at Manor Farm not taking place.

Survey results, highlights:

1. 421 people responded to the survey.
2. Race time: 275 (65%) of respondents would prefer starting at 10am, 76 (18%) at 10:30am and 71 (17%) at 11am
 - The benefit of an earlier start is to ensure people can get away earlier – family time was noted as a key reason for this
 - It was also noted that earlier start times could lead to difficulty accessing facilities (halls, parking) and also the need to check the course when it was dark / cold.
 - There was also pushback that participants may prefer to start at 10am but would still attend if the start was at 11am.
 - **It was decided to keep the start time to 11am as assistance to the race organisers.**
3. Speed rule: 264 respondents (63%) said we should keep it as is, 130 (31%) said we should remove it and 28 (6%) said we should amend the rule
 - It was believed that the speed rule affects only a limited number of people who would want to participate, and that they would generally be catered for by the Hampshire League anyway

- Some smaller clubs are disproportionately affected by the speed rule if one of their members is prevented from taking part
 - There was conflicting belief that slower runners are either intimidated by the presence of very fast runners, or that they aren't concerned and are more focused on their own race
 - Runners in the middle of the pack are more likely to score points and this enhances the inclusive nature of the league
 - **Vote: Should we keep the speed rule as is for 2019 / 20 – outcome: yes**
4. Race distances: 420 (100%) of respondents said the distance should be the same for both men and women, 2 (0%) said no
 5. Split races: 400 (95%) of respondents said the race start time should be the same for both men and women, 22 (5%) said no
 6. Expansion of league: 197 (47%) of respondents said the league should stay the same size, 154 (36%) said it could be increased up to about 30 clubs, 71 (17%) said that we should expand without limit
 - A long discussion was held, with a number of points in favour of and against expanding.
 - Although a possible expansion from 24 to 28 clubs was discussed and agreed, it has since been deemed too late to introduce this expansion for 2019-20 season. This will be discussed again but with enough time to allow the inclusion, if required.

AOB:

- It was discussed about increasing the annual subscription to subsidise the possibility of more toilets at races if more clubs were included into the league. Although the majority voted for this it has since been decided to keep the subscription the same and discuss on a case by case basis if an event felt they needed additional support.
- Bob Ayer (former chairman) had not attended any races last season due to illness. It was thought that there should be a way of marking his contribution to the league over the past years. It was decided to rename the league trophy "The Bob Ayer Trophy"

2019 / 20 fixtures

27 October - Pamber Forest

10 November - QECP (provisional)

8 December - The Bourne Woods

29 December - Lord Wandsworth College

19 January - Chawton House

9 February - Alice Holt

Haslemere Border could no longer run the event at Polecat Valley due to the Race Director stepping down.

The full minutes & survey results are available from Paul Welch or Tracey Crank.

1.8 Striders League.

Graham Clarke reported;

As agreed the scoring system has now changed to an age grading system. The new rules are shown on the Striders website.

After 2 races the top 5 results are as follows:

LADIES

1st	Kirsty Aked	15.5 pts
2nd	Lee King	13.6 pts
3rd	Jenny Parks	13.5 pts
4 th	Lisa-Marie Peckover	12.8 pts
5 th	Suzanne Richardson	6.9 pts

MEN

1st	Neil Williams	15.2 pts
2nd	Rob Wilson	14.9 pts
3rd	Alan McVittie	14.6 pts
4 th	Gary Armstrong	13.9 pts
5 th	Del King	13.4 pts

1.9 Social.

The next comedy night is on 1st November and the Christmas Party is booked for 6th December.

2.0 Coaching.

Gary McCawley had nothing to report.

3.0 Members Representatives.

Simon Toms informed the committee that there were overhanging brambles on the level 3 hills venue which caused runners problems. Paul Welch agreed to inspect before the next session and cut back as needed.

Simon also asked that the coaches re-inforce the need for runners to wear high visibility clothing now that the evenings are dark. This is especially needed in Berewood where many streetlights are off and there are hazards such as signs on the paths.

Mel hunt asked where the free summer cross country places were advertised and was informed that these had been advertised on the website, facebook and at training sessions.

4.0 A.O.B.

4.1 EA Mental Health Ambassador. As part of it's #RunAndTalk programme England Athletics is seeking to establish a network of volunteers across clubs to support members to improve their mental health through running. There are 2 levels, Champions and Ambassadors which require different qualifications. Catherine Arnold is a registered GP and qualified to be a Mental Health Ambassador, she has volunteered to do this for us. She will find out what she needs to do and report back.

4.2 Welfare Officer – When coaches complete their DBS checks it asks about the club's Welfare Officer. It is understood that Tony Laurenson still holds this position but we will check with him to see if he is happy to continue.

4.3 Denmead Road Markings – the local councillor has put a note on the Denmead Community Facebook page complaining about our road markings around the lanes. She says they spoil the look of country lanes. She hasn't complained to us directly.

4.4 Striders Facebook Group – It has been noted that there are currently 330 members on the facebook group. This is supposed to be a closed group for members to share races, lift sharing, announcements etc. After some discussion it was agreed that only current and prior year paid up members would have access to the group and all others would be deleted.

4.5 Denmead 10k Entries – It was agreed that we need to set rules for Striders entries for next years Denmead 10k. There appeared to be some confusion this year over who could and couldn't enter with complaints about non communication. As part of this it was also agreed that there needs to be communication between the 10k and full committee. The secretary will make sure that the chairman of the 10k committee is included on the main meeting invitations and they can send a deputy or report if they can't attend in person.

4.6 Website – Graham Clarke is progressing the new website using 'Wordpress'. He has released a link to the new site to the committee for testing and suggestions. It was agreed the committee would give feedback by the end of October so that the new site can be released this year.

4.7 Denmead 10k – Julia Revill had been told of a concern by the last runner in the Denmead 10k who felt that it was invasive having a car following behind. She had said that the 'Last Runner Marshall' was great and kept between her and the car but she still felt pressured by it. Julia had mentioned this to the race director but he said it was a requirement.

Next Meeting

14th January 2020.

Denmead Striders
Income & Expenditure Summary, 1st January 2018 to

02 October 2019

	£	£
Subscriptions, received		3,604.00
Less Paid to England Athletics		<u>(2,635.00)</u>
		969.00
Other Income:		
Easy fundraising	34.76	
Interest received	3.42	
Grant for First Aid Training	360.00	
Others	-	
		<u>398.18</u>
NET INCOME AVAILABLE TO CLUB		1,367.18
Less Expenditure		
Affiliations	300.00	
Summer X Country	550.00	
Sundry expenses	40.80	
Transport for Ryde Road Race	139.35	
Other Costs		
Awards night, Xmas & other events	1,132.23	
Coaching courses	-	
Denmead Scouts - donation	-	
	<u>2,162.38</u>	
		2,162.38
Club operating Surplus / (Deficit)		<u>(795.20)</u>
Denmead 10K (to date)	<i>Surplus/(deficit)</i>	1,328.59
	Net Surplus / (Deficit)	<u>533.39</u>

Balance at	01 January 2019	4,149.94
Balance at	02 October 2019	
	<i>Current Account</i>	2,990.79
	<i>Deposit Account</i>	1,505.34
	<i>Cash held</i>	187.20
		<u>4,683.33</u>

