

Denmead Striders Running Club

Committee Meeting

Date: 14th January 2020

Location: Silvester Road, Waterlooville.

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

Welcome back after the festive break, I trust we are all ready to work off the Christmas excesses.

2019 was another great year for the Striders, both mens and ladies teams are regularly beating much bigger clubs in both HRRL and XC races. This once again shows that the coaching we receive from Gary and his excellent team, along with the effort and determination of our members, is paying dividends.

The social side of the club is thriving with regular events being well attended by members.

The annual Denmead 10k was a resounding success once again and we thank Rory Heard and his committee for all their hard work.

This all leaves me with one final announcement, it is my intention step down as Chairman at the AGM. I have steered the good ship Striders for the last 4 years and I feel it's now time to hand things over to someone new. I will ask for any prospective volunteers for both Chairman and secretary at training tomorrow.

1.2 Vice Chairman

The vice chairman had nothing to report.

1.3 Club Secretary

Matters Arising from 15th October meeting:

First Aiders: Course booked for 18th January 2020 for all coaches, Brian Harris and Martin and Claire Parfitt.

EA Mental Health Ambassador: No news of progress, Terry Aked to talk to Catherine Arnold.

Welfare Officer: England Athletics website suggests all clubs should have at least one welfare officer (preferably 2, one male, one female). It is understood that Tony Laurenson was registered as ours but we are not sure he still holds the position. It was agreed that Gary McCawley will talk to him and Terry Aked will check with Catherine Arnold to see if she can cover this as well.

Denmead 10k Rep for committee: Not certain who is going to be chair of 10k committee yet, Terry Aked to check with Rory Heard.

The secretary has booked the RNA club for the AGM and Awards Night which will be held on Friday 20th March 2020.

1.4 Club Treasurer

The accounts for last year are appended. Stuart Hoare reported that subscriptions are now coming in and subs are being paid to EA. The surplus for the Denmead 10k was higher this year due to medals being purchased last year but it was averaging out at around £1,000 per year.

Steve Trevenna will be doing the next level coaching course which the club will pay for and other coaches will do the same when suitable dates are found.

1.5 Membership Secretary

The membership secretary reported that members are renewing for the new year, 71 so far but coming in quickly.

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

Stubbington 10k marked the halfway point of the HRRL season and the league tables as they currently stands, minus Stubby results, are:

Ladies A Team Div 1 - maintaining 3rd place out of 10

Ladies B Team Div 1 - has moved up to 5th place out of 15

Our ladies team has grown from strength to strength and in numbers throughout the season. We have seen full A and B teams at all of the last 4 races which is really encouraging given that we were short at the start of the season. It has been great to see some familiar and new faces taking part at the recent events including Bekki Leaves, Hannah Curtis, Tillie Johnson, Jess Briscoombe, Gemma Heggs to name a few. We have had only 2 of our ladies compete at all 6 races - Jenny Parks and myself.

We had a really strong performance again at Stubbington and I am confident that we can maintain these positions in the league.

The races are selling out incredibly quickly and has meant that some of our regular competitors have missed out on places so it has been great to have Gary's support in regularly posting race updates on Facebook.

Men: Gary Armstrong reported:

Third HRRL Race – Hayling 10 Mile

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

Forth HRRL Race – Gosport Half

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

Fifth HRRL Race – Victory 5

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

The league has not been updated with Stubbington 10k as of yet.

After race 5 (Victory 5) the men are still doing well:

The A team are currently 4th in A Division 1 (Since the last update after Solent this is down from 2nd)

The B team are currently 5th in B Division 1 (Since the last update after Solent this is up from 6th)

The C team are currently 3rd in B Division 2 (Since the last update after Solent this is the same)

So far 27 men in total have competed in at least one HRRL race:

- 8 Men have competed in 1 race
- 3 Men have competed in 2 races
- 3 Men have competed in 3 races
- 7 Men have competed in 4 races
- 6 Men have competed in all 5 races (Neil Williams, Rob Wilson, Gary Armstrong, Alan McVittie, Gary McCawley and Brian Harris)

Next few races:

- 9 Entries for Ryde
- 14 Entries for Salisbury

1.7 X-Country Representative. Paul Welch reported;

We're now 4 races (out of 6) into the season we have had very good attendances and are performing very well, we currently stand 9th out of 23 teams. (Two places better than this time last year)

Our team race results have been consistent, our lowest team position being 10th & our highest being 3rd. Only five of the six races count towards the end of season result so hopefully we can maintain our top ten finishes and try to improve on last year's position.

We have had 30 different men represent the club and 9 of those have raced in all four races. (Brent Latham, Brian Harris, Gary Armstrong, Gary McCawley, John Brimecome, Michael Harrison, Paul Welch, Rob Wilson & Tony Laurenson). Ten of the 30 men have scored for the team too.

We have seen a big improvement in the number of ladies, 18 different ladies have represented the club V's 10 after 4 races last year, 2 of those have raced in all four races. (Jenny Parks & Lisa-Marie Peckover). Nine of the 18 ladies have scored for the team too, when only three count that really shows the great strength we have.

This year there will not be a race at Polecat Valley, the next one is the second time for Chawton House which hosted by Alton Runners & the final race will be a new venue at Alice Holt.

1.8 Striders League.

Graham Clarke reported;

We are now half way through the HRRL season and 2/3rd through the cross country season. Races are being very well supported and the new scoring system is opening up the field.

After Stubbington the results are as follows:

LADIES

1st	Jenny Parks	80.2 pts
2nd	Kirsty Aked	78.6 pts
3rd	Lisa-Marie Peckover	60.3 pts
4 th	Clare Welch	39.6 pts
5 th	Suzanne Richardson	34.7 pts

MEN

1st	Rob Wilson	84.0 pts
2nd	Gary Armstrong	80.2 pts
3rd	Gary McCawley	77.5 pts
4 th	Alan McVitie	76.6 pts
5 th	Brian Harris	71.5 pts

1.9 Social.

The next comedy night is on 28th February. Clare Welch is considering doing a Quiz Night. An alternative venue for the Christmas party will be looked for as the RNA closes at 11 pm.

2.0 Coaching.

Gary McCawley reported that he has started to prepare the summer schedule including dates for the handicaps and the 10k long run which need to be around mid summer to take advantage of the longer daylight hours.

Gary thanked the coaches for adapting the winter sessions around the factory building works at Berewood. He confirmed the 800 meter point is now free from the works so these sessions can return to normal.

There had been a previous question around the Fartlek sessions as it was felt that all levels should run for the same time, just that the faster runners would run further.

3.0 Members Representatives.

Nothing had been mentioned to either rep. It was felt that with lots of new members it was possible members don't know who the reps are. Clare agreed to put something on facebook and the next newsletter to let members know.

4.0 A.O.B.

4.1 Gemma Heggs had previously enquired about becoming a coach but at the time we didn't have any vacancies. As one coach has stepped down and Gemma normally takes the Friday evening run it was agreed that the club would pay for the coaching course she is doing in March. This then gives us cover for Friday nights and Saturday mornings if Steve and/or Rory are unavailable.

4.2 Club Buff –Clare Welch had a sample of art work for a club buff. There was some discussion around whether these would be for the Denmead 10k race or just for people to buy. The club would have to purchase a minimum of 100 and then sell them at cost. Clare agreed to see how much interest there was before committing to an order.

Next Meeting

21st April 2020. Venue to be arranged.

Denmead Striders			
Income & Expenditure Summary, 1st January 2018 to		<u>31 December 2019</u>	31/12/2018
	£	£	£
Subscriptions, received		3,972.00	3,766.00
Less Paid to England Athletics		<u>(2,710.00)</u>	<u>(2,436.00)</u>
		1,262.00	1,330.00
Other Income:			
Easy fundraising	34.76		151.24
Interest received	4.19		1.92
Grant for First Aid Training	360.00		-
Others	-		-
		<u>398.95</u>	<u>153.16</u>
NET INCOME AVAILABLE TO CLUB		<u>1,660.95</u>	<u>1,483.16</u>
Less Expenditure			
Affiliations	300.00		200.00
Summer X Country	550.00		-
Coaching courses	360.00		-
Awards night, Xmas & other events	1,249.73		1,326.28
Flag pole	222.06		-
Transport for Ryde Road Race	139.35		175.08
Website/domain	-		139.08
Denmead Scouts - donation	-		500.00
Other Costs	81.30		45.99
		<u>2,902.44</u>	<u>2,386.43</u>
Club operating Surplus / (Deficit)		<u>(1,241.49)</u>	<u>(903.27)</u>
Denmead 10K (to date)	<i>Surplus/(deficit)</i>	1,575.15	31.16
	Net Surplus / (Deficit)	<u>333.66</u>	<u>(872.11)</u>