

Denmead Striders Running Club

Annual General Meeting 2020

Due to Coronavirus lock down the AGM was not held in public.
Reports below were collated and agreed by the club electronically.

Minutes

The Chairman, Terry Aked, reported;
2019 was another great year for the striders. We have seen a raft of new members, and some especially fast men and ladies, meaning we have achieved some fantastic results in both the HRRL and XC races. Unfortunately due to the current virus situation, it looks as though the HRRL season may not see all it's races completed, and with all the race cancellations, we may not see competitive events for some time. The club however is in a healthy position and is completely self sufficient thanks mainly to the success of the Denmead 10k, under the watchful eye of Rory Heard. As you may know, Rory has stepped down as race director, along with several of the long standing committee members. I would just like to thank those people on behalf of the club for the outstanding job they have done. Nick Griffiths has taken up the baton from Rory and has moved swiftly to get things underway due to another local race being organised on the same day. We wish Nick and his new team all the best for this years event, and I hope that you will all offer your support when required, as you always do.

1.1 & 1.2 2019 AGM minutes – Matters arising.

The minutes from the previous AGM (15/03/2019) were agreed and signed as a representative account of the meeting.

There were no matters arising from the previous AGM.

2. Reports from Committee members.

2.1 Club Secretary – Tracey Crank

There were some changes to the constitution required as follows. These were previously agreed and a revised constitution will be published on the website.

New award – 'Cross Country Captains Award'

70+ Club Championship awards officially added as these have been awarded for some time.

The secretary reported that she was standing down at this meeting and thanked everyone for their help and support over the last 9 years.

2.2 Treasurer – Stuart Hoare.

The subscription income has increased over the past year which is pleasing.

Of the expenditure I would highlight the following

We spent £360 on a first aid course for the coaches, however that cost was fully reimbursed through a grant from Hampshire County Council

Equipment purchase of £222, relates to the updated replacement flag & Pole for the club.

Other notable costs was the race entry fees for the Summer Cross Country the club paid for the first time.

Regarding the Denmend 10K, the overall income from entrants (less the online fees) amounted to £2,500 while expenses paid out in the year was £925. However the medals were purchased the year before, therefore if we were to allocate ½ that cost (at £520), then the “real” surplus would be in the region of £1,055.

At the end of the year, December 2019 the club had a current account balance of £777, Deposit account of £3,506 and cash of £200 – overall funds held have increased by £334.

The accounts are appended.

2.3 Membership Secretary – Julia Revill.

The club had another enjoyable and successful year due to all our great members.

We had our highest total membership to date that being 175.

The ability to pay on line was popular and Stuart was able to keep me updated with the payments received. I expect that this will continue in future years.

Good luck to all our members when 2020 restarts!

2.5 Club Captains

Kirsty Bailey

At the conclusion of the 18/19 HRRL season I am delighted to confirm that our Ladies A team finished up 3rd in A Division 1, up a whopping 3 places on the previous year, and our B team 7th in B Division 1 down 2 places.

23 of our ladies took part in one or more event during the course of the season. 6 of the ladies competed at the minimum 7 races to achieve an individual ranking, where again we saw some incredible year on year performances:

Strider	Position	Previous Season
Kirsty Aked	6 th	21 st
Lisa-Marie Peckover	18 th	47 th
Suzanne Richardson	23 rd	29 th
Linda Taylor	24 th	29 th
Jenny Parks	64 th	-
Caroline Whiting	68 th	-
Anita Crawley	69 th	-

This is a testament both to our coaching programme and to the sheer determination of our ladies to succeed. Well done and thank you to everyone who took part – you all make me incredible proud!

19/20 HRRL season

At the time of the AGM, with 7 of the 12 races completed, we were maintaining 3rd place in A Division 1 and our B team 9th in B Division 1 which was a fabulous result for our ladies teams again. Unfortunately we had incomplete B teams in 3 of the races which is the main reason for the slight drop in league position. This was partly due to injuries but also the races selling out so far in advance of the events that some ladies were missing out.

12 of our ladies had competed at 2 or more races which would enable them to complete the minimum of 7 races in the individual league.

Strider	Position	Number of races completed
Kirsty Aked	20 th	7
Hannah Curtis	31 st	3
Suzanne Richardson	64 th	5
Lisa-Marie Peckover	82 nd	3
Linda Taylor	86 th	3
Catherine Arnold	95 th	2
Bekki Leaves	100 th	4
Angela Agate	153 rd	2
Lee King	185 th	2
Jenny Parks	203 rd	7
Clare Welch	246 th	3
Rachael Peach	266 th	2

We had a further 12 ladies who took part in 1 of the HRRL races - Jessica Brimecombe, Cathy Price, Jane Woodroof, Tillie Johnston, Caroline Whiting, Slavena Jensen, Sally Rowe, Gemma Heggs, Christina Ball, Christine Perrior, Gemma Aldwinkle, and Natalie March.

Unfortunately due to the Coronavirus pandemic which lead to the cancellation of all running events until at least the end of May, the HRRL committee voted at their AGM to suspend the 19/20 season. An incredible difficult decision for them but the fairest option for all clubs and competitors.

We have seen a lot of new ladies join Striders this year so I am hoping we will have even more presence in the 20/21 league and I am confident that we will continue to achieve such excellent results.

Keep safe and well in the meantime.

Gary Armstrong

Sixth HRRL Race – Stubbington 10k

17 Men competed, giving us a full A, B and C Team

Seventh HRRL Race – Ryde 10

10 Men competed, giving us a full A and B Team

After race 7 (Ryde 10) the men are still doing well:

The A team are currently 4th in A Division 1 (Since the last update this has stayed the same)

The B team are currently 5th in B Division 1 (Since the last update this has stayed the same)

The C team are currently 4th in B Division 2 (Since the last update this has gone down from 3rd)

So far 30 men in total have competed in at least one HRRL race:

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

Next few races:

- Salisbury 10 (29th March) POSTPONED FOR 2020 – Deferring entries to 2021
- Alton 10 (3rd May) POSTPONED FOR 2020 – Deferring entries to 2021
- Netley 10k (17th May) POSTPONED FOR 2020 – Deferring entries to 2021
- Alresford 10k (21st June) POSTPONED FOR 2020
- Lordshill 10k has had a date change and will now take place on Sunday 14th June.

HRRL has now been suspended with no relegation or promotions. If any of the remaining 5 races go ahead they will not count as HRRL races. There will be no trophies, mugs or T-shirts.

2.6 XC Representative – Paul Welch

The only major change to note this year was the replacement of the final race of the season from the Polecat Valley venue to Alice Holt Forest, from the reports that I have heard this new venue has been very well received.

It was the usual suspects at the top of the league again & Basingstoke successfully defended their championship with Liss Runners in 2nd and Farnham Runners in 3rd.

My focus this year was again to try to field full teams in all of the races & ideally improve on last year's 10th place finish.

I'm happy to report that we were successful on both counts, we did manage to field full teams in all six races & we managed to improve on last year's 10th and finished in 9th place.

Our men finished in 5th place in four out of the six races and the ladies best race position was 9th in three out of the six.

We had a total of 31 men (down from 36) and 18 women (up from 14) competing in at least one race this season, of which 23 (up from 21) completed four or more races, which scores them bonus striders points.

We had seven runners complete five races and an impressive Ten runners (Brent Latham, Brian Harris, Gary Armstrong, Gary McCawley, John Brimecome, Mike Harrison, Paul Welch, Rob Wilson, Jenny Parks & Lisa-Marie Peckover) complete all six, so very well done to all of them.

Just one more impressive statistic to add of 18 lady runners we had nine different scorers which really does show the importance of having strength in depth.

Finally I'd like to thank everyone for turning up to support the club at these races, here's to next year.

2.7 Coaching – Gary McCawley

The past year has seen some strong performances from club members both individually and as part of a team in various league and non-league races. The Denmead Striders

coaching team should be proud of the part they play in helping members achieve their goals and help the club perform well in the league races. The 2019/20 winter schedule saw some challenges with sections of our usual route around Berewood being unavailable due to building work. The coaching team adapted the sessions to suit ensuring the club maintained the Monday and Wednesday coaching sessions. Following a period of recovery from an operation on her foot Angela Agate returned to the coaching team over the summer, welcome back Angela.

Once again, the coaching team all worked well together, helping each other out if sessions could not be taken. As I was preparing this report the club had nine qualified coaches, during this time Gemma Heggs has qualified in the Leadership in Running Fitness course (LiRF). Gemma will use her qualification to support the Friday evening social runs and also taken on some of the Monday evening sessions. Congratulations on passing the course and welcome to the coaching team Gemma.

As Julia and Mick Revill are not on Facebook, I would like to take the opportunity to thank them and all the Striders who volunteer at the winter time trials England Athletics must have taken notice of complaints that the Coaching in Running Fitness (CiRF) course was rarely held in the South of England. Three courses at Eastleigh are available on the EA website, unfortunately the first one in May-20 has had to be cancelled - which I was enrolled for - due to the Covid-19 outbreak. The remaining two courses are available later in the year and early 2021. Paul Welch has shown interest in completing the course and I have transferred to 2021. The course fees are £255.00. The 2020 summer schedule is now complete and is published on the club website. It includes the usual mix of intervals, hills and handicap races on varying terrains. The schedule also includes the 10K endurance session again.

Finally, I would like to take the opportunity to thank the team for all their efforts and hard work throughout the year. Having a proactive and helpful team makes my role very easy.

Run safe everyone and hopefully we will back on the Denmead Lanes soon.

3. Affiliation to the HRRL and SCCL for 2020/21

The Club Chairman put forward a proposal that the club remained in the HRRL and the Southern Counties Cross Country League for 2020/21 season.

The proposal was put to the A.G.M. and agreed.

4. Election of Officers.

The following committee members had resigned their posts at the AGM;

Chairman – Terry Aked

Vice Chair – Clare Welch

Secretary – Tracey Crank

Volunteers to take on these positions had been found and agreed by club members.

The chairman asked if anyone else wanted to put their names forward for any of the positions which would result in an election being held.

Position	Elected Officer
Chairman	Clare Welch
Vice Chair	Julia Revill
Treasurer	Stuart Hoare
Club Secretary	Lisa Peckover
Membership Secretary	Julia Revill

Club Captains	Kirsty Aked & Gary Armstrong
XC Representative	Paul Welch
Newsletter Contact	Clare Welch
Website	Graham Clarke & Clare Welch
Members Representative	Mel Hunt
Members Representative	Simon Toms

With no further changes the above officers were appointed.

5. Health and Safety – Clare Welch

Coaches kit – Future thoughts would be that we supply each coach with a “kit”. Not sure if that would be useful? Suggested items would be:

Cones/few high viz vests/Mini first aid kit/Lights for winter perhaps?/Chalk to mark out if worried about cones going awol?/Whistle?

Covid-19 – With the current situation, directive from the government the EA all club training sessions will be suspended until 31st May. We will keep club members updated as and when this changes. Clare has asked members for any suggestions on how we can motivate each other through this time and encourage club activity as much as we can even if it is in the virtual sense.

6. Website Update

The new club website www.demeadstriders.org.uk is now fully operational with the previous no longer available. Clare and Graham have been working closely together to update this and make improvements along the way. Hopefully club members are finding this user friendly.

7. Club Newsletter – Clare Welch.

Nothing to report on the Newsletter. Usually this would be produced on a bi-monthly basis but due to the current situation updates/news etc will be circulated via the website and the clubs facebook page.

8. A.O.B.

Committee were approached about joining a parallel league to the RR10. As it was run on Wednesday evenings and clubs have to organise a race as well it was decided that we would decline taking part.

9. Chairman’s Closing Remarks.

As you are now aware, this was the last AGM for myself as Chairman, as well as Tracey as club secretary. I’d just like to thank Tracey for all the time and effort she has put in over the past 9 years, and the support and guidance she gave me when I first became chairman.

I’d like to wish Clare, Julia and Lisa the best of luck in their new roles on the committee, and thank them for taking them on. I’d also like to welcome Gemma Heggs onto the coaching team.

And finally, a big thank you to all the members of the committee, past and present, for their efforts during my time as Chairman, with your help, it’s been an enjoyable and

fairly stress free 4 years, and finally thanks to you guys for putting up with me, hopefully I didn't mess it up!!

DENMEAD STRIDERS RUNNING CLUB			
Income & Expenditure			
01 January 2019			
to 31 December 2019			2018
	£	£	£
Balance held, 1st January 2019			
Balance at Bank		4,144.94	5,022.05
Cash in hand		5.00	-
		<u>4,149.94</u>	<u>5,022.05</u>
Income			
Subscriptions	3,972.00		3,766.00
Great South Run	-		-
Easy Fundraising	34.76		151.24
Bank interest	4.19		1.92
Other	360.00		-
	<u>4,370.95</u>		<u>3,919.16</u>
Running costs of the club			
Affiliations & memberships	3,010.00		2,636.00
Coaching course	360.00		-
Equipment, etc.	222.06		-
Stationery & other costs	24.00		17.00
Website/Domain	-		139.08
Awards night costs	943.44		1,120.55
Donation - Denmead scouts	-		500.00
Social events	306.29		205.73
Summer Xcountry	550.00		-
Ryde Road Race transport	139.35		175.08
Independent examiner's gift	9.60		-
Other costs	47.70		28.99
	<u>5,612.44</u>		<u>4,822.43</u>
Club running deficit in the year		(1,241.49)	(903.27)
Denmead 10K, surplus		1,575.15	31.16
Balance of the Club, 31 December 2019		<u><u>4,483.60</u></u>	<u><u>4,149.94</u></u>
Represented by:		£	£
Balance at Bank - current account		777.29	1,143.02
Balance at Bank - deposit account		3,506.11	3,001.92
Cash in Hand		200.20	5.00
		<u><u>4,483.60</u></u>	<u><u>4,149.94</u></u>