

# Denmead Striders Running Club

## Committee Meeting

Date: 20<sup>th</sup> July 2021

Location: Elizabeth Road, Waterlooville

Present	Apologies
Clare Welch	Kirsty Aked
Lisa Peckover	Gary Armstrong
Julia Revill	Nick Giffiths
Del King	
Paul Welch	
Graham Clarke	
Gary McCawley	
Simon Toms	
Mel Hunt	

### 1. Committee Meeting.

#### 1.1 Club Chairman

Clare Welch reported;

Well here we are – our first face to face meeting in well over a year and my first as Club Chairperson.

We are now also seeing the return of club training all together and whilst this is a positive step forward I believe we still need to proceed with caution and be mindful that this could still change as time goes on.

Without sounding like a broken record, thank you to Gary for organising all of the training schedule in these tricky times and also thank you to Graham Clark for putting together the virtual striders league which I believe has been well received and has had some participation from members.

As we move into this next phase and more races are being held, I look forward to being able to celebrate our fellow striders race results and see us back training as the friendly club we all know and love.

#### 1.2 Vice Chairman

Del King raised the issue of the club Facebook page. Should it be a public or private page. This led to Nick's AOB of communications, which was then discussed. It was decided the page will continue as it is for now but with important announcements/information being emailed to members only. The club may also decide to remove people from the Facebook page annually that are not paid up members.

#### 1.3 Club Secretary

Lisa Peckover had nothing to report.

#### Matters Arising from 20<sup>th</sup> April meeting:

Coaching Licence – Gary McCawley still needs to discuss with Julia. Lisa Peckover still needs to contact John Rattley and remove Kev Raymond as a coach.

**ACTION LP & GM**

Welfare Officer – Lisa Peckover emailed details to Kirsty Aked and Nick Griffiths. Kirsty has asked if Nick can take on the role. Nick has agreed. Lisa Peckover to confirm to EA.

**ACTION LP**

Marketing/Communications Officer – Lisa Peckover to put Clare Welch down as a point of contact.

**ACTION LP**

Virtual Striders League – Graham arranged for this to start May.

Christmas Party – Clare Welch booked the RNA club for 10<sup>th</sup> December.

#### 1.4 Club Treasurer

Stuart Hoare report/statement attached.

#### 1.5 Membership Secretary

Julia Revill reported;

Membership is relatively slow. Up to July 2021 there were 125 members. In 2020 there were 146 and in 2019 there were 184.

#### 1.6 Club Captains:

Ladies: Kirsty Aked reported: There is not an awful lot to feedback other than that the HRRL league is looking set to resume on 5th September. Dates are provisional in some cases but Overton and Gosport are open for entries. It looks like there will be just 10 races as I don't believe Hayling could get a licence.

I will start putting motivational posts on Facebook and use the Wednesday announcements to start getting everyone interested in racing again!



## Hampshire Road Race League

### 2021-22 Race Diary – [HRRL.org.uk](http://HRRL.org.uk)

1	Sunday 5 September 2021	Overton 5 mile
2	Sunday 19 September 2021	Lordshill 10 k
3	Sunday 21 November 2021	Gosport half-marathon
4	Sunday 5 December 2021	Victory 5 mile
5	Sunday 16 January 2022	Stubbington 10 k
6	Sunday 6 February 2022	Ryde 10 mile
7	Sunday 3 April 2022	Salisbury 10 mile
8	Sunday 8 May 2022	Alton 10 mile
9	Sunday 15 May 2022	Netley 10 k
10	Sunday 19 June 2022	Alresford 10 k

Men: Gary Armstrong had nothing to report.

### 1.7 X-Country Representative.

Paul Welch has not heard anything about the cross country league starting back up. He will email the committee to try and obtain an update.

### 1.8 Striders League.

Graham Clarke reported;

#### **1 Virtual Striders' League**

At the last committee meeting on 20th April, a draft proposal was tabled for a "virtual" Striders' League competition consisting of 8 virtual races to be held at fortnightly intervals – 2 each of 5 k, 10 k, 10 m and half marathon. Since that meeting, eight different (challenging!) routes have been defined and published on the website and the competition was launched on 31st May, the first "race" being a 5 k, a truncated version of our familiar Summer Handicap.

To date, the first three events (5 k, 10 k and 10 m) have been completed and we are halfway through Route 4 fortnight (the first half marathon) It has been most encouraging that 19 Striders have entered into the spirit of the League so far although numbers have dwindled a little as both the distances and the summer temperatures have increased! Attendances so far have been:

Event 1 (5 k)	5 ladies, 12 men
Event 2 (10 k)	7 ladies, 11 men
Event 3 (10 m )	6 ladies, 6 men

From comments received, everyone has found the routes quite tough but has appreciated the motivation which the competition has provided which is great and the principal reason for its inception. So far, only one Strider has got lost (on Route 2 ☺) but I am planning to improve the route descriptions to minimise the risk of "missed turnings" on the longer routes!

After three events the current leaders are as follows:

#### LADIES

1st	Melanie Hunt	21.0 pts
2nd	Jenny Parks	18.8 pts
3rd	Slavena Jensen	17.8 pts
4th	Amy Gaunt	16.7 pts

#### MEN

1st	Paul Welch	18.4 pts
2nd	Gary McCawley	17.7pts
3rd	Graham Clarke	17.6 pts
4th	Martin Shaw	17.5 pts

But early days yet with lots more miles, hills and routes to be negotiated! ☺

## **2 Striders' League 2021- 2022**

While there remains some uncertainty, it looks as if at least 10 Hampshire Road Race League races will take place next season so there is potential to resume the traditional Striders' League in September - the Overton 5 m is on 5th September. Graham will prepare the League rules and scoresheets for next year on the basis of the following 10 HRRL races:

Overton 5 m	5th September 2021
Lordshill 10 k	19th September 2021
Gosport Half	21st November 2021
Victory 5 m	5th December 2021
Stubbington 10 k	16th January 2021
Ryde 10 m	6th February 2022
Salisbury 10 m	3rd April 2022
Alton 10 m	8th May 2022
Netley 10 k	15th May 2022
Alresford 10 k	19th June 2022

The situation regarding the Southern Cross Country League races is currently unknown. Provided that dates of the races are known in good time, these races will also be included in the Striders' League.

### 1.9 Social.

Social Run/Get together – A provisional date has been decided of the 3<sup>rd</sup> September for a social run with a few drinks/nibbles afterwards. We'll need to look into contacting the Scout Hut to ask for use of the field.

**ACTION CW**

Quiz/Awards – A possible quiz/awards night for October was discussed.

### 2.0 Coaching.

Gary McCawley had nothing to report.

### 3.0 Members Representatives.

Simon Toms had nothing major to report. From the members he has spoken to the training sessions have had a positive response and gone down well.

Mel Hunt had nothing to report.

#### 4.0 Denmead 10k Committee.

Nick Griffiths update:

Waiting on course measurement report (imminent), SJA are processing the First Aid booking (Gemma is on it), when that's confirmed, we'll process the RunBritain application and hopefully have tickets on sale soon ish. All waiting on that First Aid booking though. Other bits are either booked/ confirmed/ or in pipeline with someone else (eg, road closure application is in, but WCC yet to confirm, was nearer the event when I booked it last year that they confirmed). All in all and in summary, ticking along. COVID19 plan in place should the need arise, inc staggered starts, posting race numbers out before event.

#### 5.0 A.O.B.

5.1 Communications – (Raised by Nick Griffiths) This is just a suggestion, but we do have quite a few members who either aren't on Facebook, or rarely use it. When we communicate, we put it on Fbk and update the website, but that's reliant on someone checking the website, which with the best of intentions, they may not end up doing as much as they'd like. My Tri club do the usual fbk thing, but also have a 'Google Group' email list. You auto subscribe your club members (good opportunity to only then send comms to playing members rather than the extras in the fbk group), then just send an email out to the list each time we have something to say, as well as duplicated on fbk. Just a thought anyway, could be an easier win for those not on social media to know more about what's going on.

This was discussed in detail and it was decided this was a good idea and we will look to implement.

**ACTION LP & CW**

5.2 – Club Training and Unique Sporting Events – (Raised by Gary McCawley) Gary has suggested that club training is to remain the same days and times as usual and not be changed due to other sporting events. This was discussed and agreed by all the committee.

5.3 – Announcements – (Raised by Clare Welch) In the event that Clare does not attend a training night she wants to make sure someone will be able to read out the announcements. Del as Vice Chairman is happy to do this. If Del is not present either the coach for that night will read out the announcements.

5.4 – Race Results – (Raised by Lisa Peckover) Would like to resign from collating the race results. Bekki Leaves has shown an interest in taking this over. The committee were happy for Bekki to take over. Lisa and Clare will handover to Bekki in the next few weeks. It was also decided that members will need to advise Bekki of any non-typical races to save her having to search all races.

**ACTION LP & CW**

#### **Next Meeting**

19<sup>th</sup> October 2021

DENMEAD STRIPERS RUNNING CLUB

Income & Expenditure

For the period

01 January 2020 to 13 July  
2021

	£	Year Dec 20 £		£	Year Dec 20 £
Balance 1st January 2020	4,483.60	4,483.60			
<b>INCOME</b>			<b>EXPENDITURE</b>		
Subs (current) £26	2,124.00	3,310.00	Affiliations		
Subs (next year) £26	-	-	England Athletics	1,890.00	2,040.00
			E.A. Club Membership	150.00	150.00
			Hampshire AA	-	100.00
			SEAA	-	-
Interest received	0.14	3.28	Hants Road Race League	-	-
			SCCL	-	-
			Other	-	-
<b>Sundries:</b>			<b>Sundries:</b>		
Great South Run	-	-	Website/Domain	-	155.94
Easy fundraising	-	-	Stationery, inks, etc.	6.20	-
Grant: First Aid Training	-	-	Denmead Scouts	-	-
Other Income	-	-	Gift Charlie Burton	19.98	-
Other Income	-	-	Flags	-	16.62
Other Income	-	-	Auditor gift	-	-
Extra Subs rec'd	-	-	Other	-	7.49
<b>Other</b>			<b>Events:</b>		
			Awards Night	-	828.54
			Ryde 10 transport	-	139.20
Social Events	-	-	Social Events	-	57.00
Xmas Raffle	-	-	<b>Others:</b>		
			Coaching Courses	-	140.00
<b>Club Income</b>	<b>2,124.14</b>	<b>3,313.28</b>	<b>Club running costs</b>	<b>2,066.18</b>	<b>3,634.79</b>
<b>Events:</b>					
Denmead 10K	-	-	Denmead 10K	1,052.98	-
	<b>2,124.14</b>	<b>3,313.28</b>		<b>3,119.16</b>	<b>3,634.79</b>

Summary .....

Club funds balance, at start of period	01 January 2020	4,162.09
Surplus / (Deficit) on club running costs		57.96
Denmead 10k surplus (to date)		4,220.05
		(1,052.98)
Club funds held	13 July 2021	3,167.07