

Denmead Striders Running Club

Committee Meeting

Date: 11th January 2022

Location: Elizabeth Road, Waterlooville

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

1. Committee Meeting.

1.1 Club Chairman

Clare Welch reported;

As we enter a new year it finally feels like we are coming out of the other side and resuming nicely as a club.

It has been great to see so many new faces and some old ones returning into the fold. With confidence growing it looks like we should have a good uptake for membership this year.

With the return of the Cross Country and HRRL we can finally plan for our 2023 awards but I would also like to celebrate successes for the Covid times when we hold our AGM in March. This I will discuss in AOB.

The end of 2021 saw us hold the Christmas Party and whilst numbers were lower for obvious reasons it was still great to see everyone out of their running gear. I would like to continue this for 2022 with the Xmas Party again and perhaps something in the summer months.

Thank you as always to the committee for your support throughout these interesting times. Here's to a successful 2022.

1.2 Vice Chairman

Del King had nothing to report but did float the idea of new members getting a bit more support. With maybe committee members checking on new members once they have been to a few sessions.

Health and Safety – Should we have someone at the back of all members on the way over to the training venue in light of recent accidents.

1.3 Club Secretary

Lisa Peckover had nothing to report.

Matters Arising from 19th October meeting:

Coaching Licence – Gary McCawley was going to speak with Pete Maisey regarding his role as coach on EA. Lisa to remove Pete as an official coach on EA.

ACTION LP

Welfare Officer – Nick has asked if someone else can take on the role. Lisa to send out the details to the committee again. **ACTION LP**

Denmead 10k Page – Clare Welch to speak to Nick and Graham about updating the page. This has not been done yet. Graham will look into putting more information on the website. **ACTION GC**

Club Captains – Kirsty Aked and Gary Armstrong to try and rally more members to sign up for HRRL races. This has been done via announcements as training and facebook posts.

1.4 Club Treasurer

Stuart Hoare reported;

I have prepared a report on the finances for the year ended 31 December 2021.

There are a couple of aspects that I will need to clarify before these can be finalised.

Income

The club had subscriptions from members totalling £2,611 which is lower than previous years, due to the numbers being down and various members taking the offer on discounted £20 rate – for reference around 60% of members paid the reduced rate.

We had 9 members pay their fees in advance for 2022.

From the membership fee of £26 the club is required to pay over £16 to England Athletics.

Expenditure

The costs are reduced as there was little activity during the year, notable exclusions this year were the costs associated with the Awards Night and the costs of transport to Ryde 10 miler, as neither took place last year.

However certain costs have been incurred, the affiliation fees for Hants Road League, Southern Cross Country & England Athletics, totalling £325.00.

Social costs – Xmas party net cost of £320 – social gathering September £39.

Overall the club incurred a deficit of £168.11 for the year.

Denmead 10K

I attach a schedule of the summary for income and expenditure for this year's race, along with comparisons for the past races. In cash terms the race is showing a small deficit however does include medal costs for next year, therefore adjusting for these costs the race shows a Surplus of £380.

We are still waiting on one final cost from St Johns Ambulance before the final figures can be given.

Current funds

The club has bank balances at the end of December of £1,592 current funds & £2,010 in the reserve account along with £293 held in cash

Accounts attached.

1.5 Membership Secretary

Julia Revill reported;

So far 79 members have paid their membership, this includes 8 new members.

1.6 Club Captains:

Ladies: Kirsty Aked reported:

We are now 4 races into the HRRL season and I am delighted to report that despite the slow start we have had an abundance of our incredible ladies teams at both the Gosport half marathon and Victory 5.

Not only have we had full teams but we have also had strong performances at both races:

Gosport Half Marathon Results:

35th Hannah Curtis

52nd Kirsty Aked

75th Tillie Johnston

120th Christina Ball

135th Linda Taylor

194th Rachael Harrison

240th Jenny Parks

297th Bridie Strachan

404th Clare Welch

448th Christine Perrior

Victory 5 Results:

40th Hannah Curtis

41st Gemma Heggs

44th Sam Morris

71st Kirsty Aked

78th Liz Steward

100th Lisa Peckover

104th Linda Taylor

108th Bekki Leaves

124th Angela Agate

146th Jenny Parks

Although our A Team remains 9th in A Division 1, which puts us at risk of relegation, the scores are incredibly close in the league. Our B team in B Division 1 is in a comfortable 10th position. I am confident that we will massively improve on our current standings and that we will have strong performances at the remaining events. We have full teams at both Stubbington 10k and Ryde 10m.

Kirsty also announced she will be stepping down as ladies captain.

Men: Gary Armstrong reported;

There has been a great improvement after four races, more men have been signing up for the races.

Third HRRL Race – Gosport Half Marathon

15 Men competed, which gave us 3 full teams.

Forth HRRL Race – Victory 5 Mile

11 Men competed, which gave us 2 full teams.

After four races:

The A team are currently 9th in A Division 1

The B team are currently 11th in B Division 1

The C team are currently 14th in B Division 2

The next race is Stubbington 10k. As we know it sold out really quickly, but we've got 15 men signed up, which should give us a full A and B and C team.

Future Races:

Ryde 10 mile (6th Feb) – Currently 6 men signed up.

Salisbury 10 mile (3rd April) – Currently 10 men signed up.

Will do another facebook push with future race dates and links to sign up pages.

1.7 X-Country Representative.

Paul Welch reported;

We're now 3 races (out of 5) into the season and despite some clashes with the Denmead 10k & the local coastal races, we have still had good attendances which means we have been able to field full teams at all three races and are performing very well, we currently stand 9th out of 23 teams.

Our team race results have been very good, the lowest team position being 9th & our highest being 4th most recently at Lord Wandsworth.

We have had 15 different men represent the club and three of those have raced in all three races. (Julian Manning, Kev Gale & Pete Murphy). Out of the 15 men we have had seven different scorers, so looking strong for the next two races.

For the ladies, we have seen 12 different runners represent the club, with just Jenny Parks being the ever present.

Eight of the 12 ladies have scored for the team, with only three counting for the team, that really shows the great strength we have.

This year, unfortunately there was not a race at QE, which is why we only stand at three races when it would usually be four at this stage of the season. The next race is at Chawton House & the final race will be at Alice Holt.

1.8 Striders League.

Graham Clarke reported;

Striders' League 2021-22 Season

We are now halfway through the fixtures of the 2021-22 season with 4 HRRL and 3 SCCL events completed.

Thanks to the very commendable number of participants in the Gosport Half Marathon, Victory 5 and the cross country races the total number of Striders participating in the league has now increased to 46 (21 ladies, 25 men).

Special mention is deserved for Julian Manning and Kev Gale who achieved age related grades of 85% and 81% at the Victory 5 and Gosport Half respectively. Also Anita Crawley, Jenny Parks, Kirsty Aked, Hannah Curtis, Samantha Morris, Linda Taylor, Rob Wilson and Roger Jones all of whom have been attaining grades well over 70%.

The leader board is currently as follows:

LADIES

1st	Jenny Parks	50.5pts
2nd	Kirsty Aked	19.4 pts
3rd	Lisa Peckover	16.3 pts

MEN

1st	Kev Gale	47.0 pts
2nd	Roger Jones	38.9 pts
3rd	Rob Wilson	32.5 pts

The website

The website continues to tick over – welcome to receive requests for changes, modifications or improvements.

Registration of our website domain has been renewed for a further two years. Our web hosting requires renewal by 22nd February – cost £176.34.

If everyone is happy I will renew.

1.9 Social.

Possibility of an event in the summer, with a run and drinks/snacks after.

The Christmas party went ahead in December, there were reduced numbers as expected but still went well. We will plan again this year.

2.0 Coaching.

Gary McCawley had nothing to report.

Paul Welch mentioned how busy the hills sessions now are and perhaps we need to think of alternatives.

Kirsty Aked queried some of the training schedule having a long run of longer reps. Gary explained his method behind this.

Graham Clarke has heard a few members querying the Time Trial route as they do not like the out and back twice. It is a matter of health and safety with more crossings and traffic around the old route.

3.0 Members Representatives.

Simon Toms reported:

A few members mentioned that hills as the first session back after the Christmas break felt a bit harsh. Could we possibly move this around next year.

People talking whilst the coaches are explaining the session needs to be mentioned again in announcements.

Mel Hunt had nothing to report and will be stepping down as members rep.

4.0 Denmead 10k Committee.

Nick had nothing to report.

5.0 A.O.B.

5.1 – Awards – (Raised by Clare Welch) Date now confirmed as 18th March. This will include recognition awards and possible quiz. Relevant committee members need to arrange a meeting to discuss awards. Clare to ask for trophies to be returned. **ACTION CW**

5.2 – Club Kit – (Clare Welch) The company Clare works for Hambleside Merchandise will soon (Around February) be producing hoodies, buffs, hats etc that can be branded with our club logo. Is this something the club should look into. After discussion the committee agreed it would be a good idea. The club vests/t-shirts would still need to be ordered the usual way. **ACTION CW**

5.3 – London Marathon Club Places – (Raised by Clare Welch) How many places do we have this year, the website and EA portal contradict each other. Lisa Peckover to get confirmation. **ACTION LP**

Next Meeting with will be the AGM

18th March 2022

DENMEAD STRIDERS RUNNING CLUB

Income & Expenditure

For the period

01 January 2021
to 31 December 2021

	£	Year Dec 20 £		£	Year Dec 20 £
Balance 1st January 2021	4,162.09	4,483.60			
INCOME			EXPENDITURE		
Subs (current) £26	2,393.00	3,310.00	Affiliations		
Subs (next year) £26	218.00	-	England Athletics	2,010.00	2,040.00
			E.A. Club Membership	150.00	150.00
			Hampshire AA	-	100.00
			SEAA	-	-
Interest received	0.26	3.28	Hants Road Race League	125.00	-
			SCCL	50.00	-
			Other	-	-
Sundries:			Sundries:		
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	-	-	Flowers	41.00	-
Other Income	-	-	First aid kit	8.00	-
Extra Subs rec'd	-	-	Other	-	24.11
Other	-	-	Events:		
			Awards Night	-	828.54
			Ryde 10 transport	-	139.20
Social Events			Social Events	439.19	57.00
Xmas Raffle	80.00	-			
			Others:		
			Coaching Courses	10.00	140.00
Club Income	2,691.26	3,313.28	Club running costs	2,859.37	3,634.79
Events:					
Denmead 10K	2,395.80	-	Denmead 10K	2,494.68	-
	5,087.06	3,313.28		5,354.05	3,634.79

Summary.....

Club funds balance, at start of period	01 January 2021	4,162.09
Surplus / (Deficit) on club running costs		(168.11)
Denmead 10k surplus (to date)		3,993.98
		(98.88)
Club funds held	31 December 2021	3,895.10