

# Denmead Striders Running Club

## Committee Meeting

Date: 19<sup>th</sup> October 2021

Location: Elizabeth Road, Waterlooville

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

### 1. Committee Meeting.

#### 1.1 Club Chairman

Clare Welch reported;

The club is back training together, the Hampshire Road Race league is in full swing, the Cross Country is well on it's way and we have even hosted a successful Denmead 10k and even seen our first Winter Time Trial. It finally feels like we are back as a club!

Big thank you to Nick and his 10k committee for hosting a successful race, it was great to witness first hand all the hard work pay off on the day.

The email distribution has been a huge success and I have had lots of positive comments from members.

Finally feels like we can now start properly planning for future events such as awards etc and push participation in the league etc so look forward to seeing this happen over the coming months.

#### 1.2 Vice Chairman

Del King had nothing to report.

#### 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 contacted John Rattley and he asked to be removed from EA. Removed Kev Raymond as a coach. Gary McCawley is going to speak with Pete Maisey regarding his role as coach on EA. **ACTION 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 sent details to Nick, things he needs to complete before we can add him.

Marketing/Communications Officer – Lisa Peckover added Clare Welch as a point of contact.

Communications – Clare has set up email list for members and started sending out emails.

Race Results – Bekki Leaves has now taken over the race results.

#### 1.4 Club Treasurer

Stuart Hoare reported;

Since last meeting, the club has paid out affiliations to

- Hampshire Road Race League £125.00 – for 3 Men's & 2 Female teams
- Southern Cross Country league £50.00

Overall, for the year January to date, the club has spent £33 more than received!

Denmead 10k – currently not all the costs are in yet, so can't provide a full total on any surplus made by the race (missing, St Johns, Radio Hire to mention 2)

Overall, the club has total funds held of £4,462

Accounts attached.

#### 1.5 Membership Secretary

Julia Revill reported;

Up to October 2021 there were 136 members. This is more than last year but still down on previous years.

#### 1.6 Club Captains:

Ladies: Kirsty Aked reported:

It's not been the greatest return to the HRRL for the ladies team. 2 races in out of 10 and we have yet to have a full team making us joint bottom of A division 1.

However it is not all bad news. The first 2 races did not sell out which demonstrates that it was a slow start for a lot of the HRRL teams, with Overton and Lordshill not being the most popular races (you only have to look at how quickly Stubbington sold out!). I am confident that we will have a strong team both at Gosport and Victory 5 as our runners confidence and desire to compete builds again. Jenny Parks is also supporting me with rallying our girls in my absence.

My main aim for this season is to ensure that we remain in Division 1 and do not get relegated. This would be such a real shame after we did so well in the previous season and particularly given the strength of our runners.

Men: Gary Armstrong reported;

#### **First HRRL Race – Overton 5 Mile**

3 Men competed, which left us 1 short of a full team.

#### **Second HRRL Race – Lordshill 10k**

6 Men competed, giving us 1 full team.

It's been a slow start to the HRRL season for the men, as we can usually pull at least 2 full teams.

The A team are currently 8th in A Division 1

The B team are currently joint bottom with 3 other clubs as we have not had a B team yet

The C team are currently joint bottom with 11 other clubs as we have not had a C team yet

The next race is Gosport Half Marathon, from what I can see 11 men have signed up so far, which should give us a full A and B team. This will be a big improvement from the first two races.

As there are only 10 HRRL races this year it is only 6 races to count for individuals league and 8 to count for teams. (Instead of the usual 12 races. 7 individual, 9 teams)

### 1.7 X-Country Representative.

Paul Welch reported;

As I'm sure most of you are aware, I am happy to announce that the 2021 – 22 XC season is on with one race already staged. Below are condensed minutes from the SCCL AGM.

#### **2021 / 22 season provisional race schedule**

We have had responses from four clubs who typically organise races, leaving the current provisional list of races as:

- i. Folly Farm / Kingsclere Estate– 10 October
- ii. The Bourne Woods – 28 November
- iii. Lord Wandsworth College – 2 January
- iv. Chawton House – 16 or 23 January
- v. Alice Holt – 6 or 13 February (three weeks after Chawton House – all clubs are requested to supply volunteers for this event)

There will not be a QE race this season.

#### **Covid mitigation at races**

A number of measures, proposed by race organisers, were considered, and the following was agreed:

- No food / drink gatherings at the end of races
- Results being circulated only later in the day rather than after the race
- Guidance to be issued by clubs to remind participants:
  - Results collators to social distance rather than gather at the finish funnel
  - Runners go to club area when finished
  - Marshals to encourage runners on to own area
  - Minimising time at start line.

#### **Affiliation fees**

Due to the increase in expenditure from the need to pay for portable toilet facilities, the affiliation fees have been increased to £50.

#### **League members**

Hedge end are no longer part of the league with no replacement this season.

#### **Race 1 (Folly farm) results**

Men			Ladies		
Club pos'n	Runner	Race Pos'n	Club pos'n	Runner	Race Pos'n
1	Julian Manning	7	1	Christina Ball	40
2	Martin McKinlay	31	2	Lisa Peckover	48
3	Kev Gale	44	3	Sarah Heard	61
4	Lee Weeks	58	4	Jenny Parks	67
5	Gary Armstrong	76	5	Caroline Whiting	75
6	Gary McCawly	152			
7	Mark Pelley	175			
8	Pete Murphy	199			
9	Tony Laurenson	200			
Mens Team finished 4th out of 22			Ladies Team finished 15th out of 22		
Overall team result 9th out of 22					

## 1.8 Striders League.

Graham Clarke reported;

### **Virtual Striders' League**

The last event, Route 8, the second 5k of the Virtual Striders' League was completed on 19<sup>th</sup> September. Most runners agreed that all routes were "quite challenging" and this was reflected in the age graded scores which were somewhat lower than for a typical HRRL route over the same distance. Most participants enjoyed the routes including the scenery which was over new territory for several Striders. The most popular events were Routes 6 and 7, the second 10 k and half marathons. I really appreciated the constructive feedback from everyone all which has been noted and will be implemented in the design of routes if we ever decide to run a similar event in the future.

Out of the 20 Striders who took part in at least one of the runs, 14 completed at least half of the routes, 11 complete 6 or more runs while 5 completed all 8 routes despite only the best 6 being counted toward their final score! It was great to see so many joining in with the spirit of the competition.

The prize winners were as follows:

#### LADIES

1 <sup>st</sup>	Melanie Hunt	42.0 pts
2 <sup>nd</sup>	Jenny Parks	38.1 pts
3 <sup>rd</sup>	Caroline Whiting	36.1 pts

#### MEN

1 <sup>st</sup>	Paul Welch	36.2 pts
2 <sup>nd</sup>	Gary McCawley	35.4 pts
3 <sup>rd</sup>	Stuart Hoare	33.5 pts

Congratulations to the prize winners and a big thank you to everyone who took part!

### **Real Striders' League 2021-22 Season**

Now that the Hampshire Road Race and Southern Cross Country League races have resumed, the real Striders' League is back in full swing. I have modified the rules slightly to account for the reduced number of races in the league this year ( 10 road races and 5 XC).

It is early days yet, but two road races (Overton 5 m and Lordshill 10k) and one cross country race (Folly Farm) have already taken place and league points awarded to the 19 Striders who have taken part in at least one of those races. The leader board is currently as follows:

#### LADIES

1 <sup>st</sup>	Jenny Parks	18.6 pts
2 <sup>nd</sup>	Anita Crawley	14.4 pts
3 <sup>rd</sup> =	Christina Ball	5.0 pts
	Lisa-Marie Peckover	
	Sarah Heard	
	Caroline Whiting	

#### MEN

1 <sup>st</sup>	Gary McCawley	16.7pts
2 <sup>nd</sup>	Roger Jones	15.1 pts
3 <sup>rd</sup>	Kev Gale	12.8 pts

#### Website

The website continues to tick over. If anyone has any requests for additional information or any other features which they would like to see included on the site including any photographs I will be happy to oblige.

## 1.9 Social.

Although not an official Striders event there have been talks of Lee Weeks possibly restarting curry nights.

## 2.0 Coaching.

Gary McCawley had nothing to report.

## 3.0 Members Representatives.

Simon Toms had nothing to report.

Mel Hunt had nothing to report.

## 4.0 Denmead 10k Committee.

Paul Welch gave a quick overview in Nicks absence:

The Denmead 10k was successful. The date for next year will be 9<sup>th</sup> October. The committee are looking to raise the numbers for next year.

## 5.0 A.O.B.

5.1 Promoting Track Events – (Raised by Lisa Peckover) We have been contacted by Steve Bullock who has asked if we can promote his track session. It was agreed we will send round an email to the members as a one off.

**ACTION CW**

5.2 – Club Kit – (Raised by Lisa Peckover) Marty McKinlay has asked if we would like him to put together some ideas for new club kit through his company. It was agreed if he can get some samples/ideas together we will discuss as there have been some concerns over the kit from members.

5.3 – Awards – (Raised by Clare Welch) We will have an awards night in March, date to be confirmed. This will include recognition awards and possible quiz. Committee are to put together thoughts for awards we can present.

5.4 – Member Reps – (Raised by Clare Welch) Ideas surrounding member reps talking to new members once they have been a few weeks to check they are happy etc.

5.5 – Club Captains- (Raised by Clare Welch) Club captains to try and rally more members to sign up to HRRL races.

**ACTION KA & GA**

5.6 – Update Denmead 10k Page – (Raised by Clare Welch) Clare to speak with Nick and Graham about updating the 10k page to include more detail etc.

**ACTION CW**

5.7 – Club Championship – It was discussed and decided that the club championship this year will be Alresford 10k.

5.8 – Ryde 10 Travel – (Raised by Clare Welch) It was discussed and decided that the club will subsidise the travel to Ryde in 2022.

## **Next Meeting**

11<sup>th</sup> January 2022



**DENMEAD STRIDERS RUNNING CLUB****Income & Expenditure****For the period****01 January 2021  
to 12 October 2021**

		Year Dec 20		Year Dec 20
	£	£	£	£
Balance 1st January 2021	4,483.60	4,483.60		
<b>INCOME</b>			<b>EXPENDITURE</b>	
Subs (current) £26	2,367.00	3,310.00	Affiliations	
Subs (next year) £26	-	-	England Athletics	2,010.00
			E.A. Club Membership	150.00
			Hampshire AA	-
			SEAA	-
Interest received	0.18	3.28	Hants Road Race League	125.00
			SCCL	50.00
			Other	-
Sundries:			Sundries:	
Great South Run	-	-	Website/Domain	-
Easy fundraising	-	-	Stationery, inks, etc.	6.20
Grant: First Aid Training	-	-	Denmead Scouts	-
Other Income	-	-	Gift Charlie Burton	19.98
Other Income	-	-	Flags	-
Other Income	-	-	Auditor gift	-
Extra Subs rec'd	-	-	Other	-
				7.49
Other	-	-	Events:	
			Awards Night	-
Social Events	-	-	Ryde 10 transport	-
Xmas Raffle	-	-	Social Events	39.19
			Others:	
			Coaching Courses	-
<b>Club Income</b>	<b>2,367.18</b>	<b>3,313.28</b>	<b>Club running costs</b>	<b>2,400.37</b>
<b>Events:</b>				<b>3,634.79</b>
Denmead 10K	2,346.96	-	Denmead 10K	2,013.54
	<b>4,714.14</b>	<b>3,313.28</b>		<b>4,413.91</b>
				<b>3,634.79</b>

**Summary.....**

<b>Club funds balance, at start of period</b>	01 January 2021	4,162.09
<b>Surplus / (Deficit) on club running costs</b>		<b>(33.19)</b>
		4,128.90
<b>Denmead 10k surplus (to date)</b>		<b>333.42</b>
<b>Club funds held</b>	12 October 2021	<b>4,462.32</b>