

Denmead Striders Running Club

Committee Meeting

Date: 19th April 2022

Location: Elizabeth Road, Waterlooville

Present	Apologies
Clare Welch	Graham Clarke
Lisa Peckover	
Julia Revill	
Gary Armstrong	
Paul Welch	
Gary McCawley	
Christina Ball	
Del King	
Nick Giffiths	
Simon Toms	
Samantha Morris	
Dawn Banting	
Stuart Hoare	

1. Committee Meeting.

1.1 Club Chairman

Clare Welch reported;

We have finally been able to host what I believe to have been a successful awards evening and it was nice to see some different faces in attendance. I would also like to say a big thank you to Del for doing a sterling job as my right hand man

Welcome to the team Chrise as our new ladies club captain and Sam as ladies members rep. Both have already been actively visible at training and on social media. Dawn Banting has also kindly offered to take over the Newsletter so look forward to the injection of new ideas all round.

As we move into the Summer season it is nice to see some returning members who like to come out for the warmer climate and enjoy the Denmead Lanes.

It has also been refreshing to see Striders starting to get their drive back for races and pushing themselves more at training. We finally have the return of the much-loved Handicap series and I look forward to seeing the potential improvements from club members as it continues through the summer.

1.2 Vice Chairman

Del King raised a Health and Safety issue regarding all coaches carrying first aid kits. It was discussed and thought a good idea if any coaches have not done so already to get a first aid kit together and inform members at each session that they have this. **ACTION ALL COACHES**

1.3 Club Secretary

Lisa Peckover had a few minor updates;

DBS Verification had been completed for Paul Welch.

London Marathon – After numerous emails LM confirmed we do not have any places for 2022.

Some Club Standard documents need to be put together as per the England Athletics portal as they are showing as outstanding. Lisa to set a date with Clare to go through these. **ACTION LP**

Matters Arising from 11th January meeting:

Welfare Officer – Paul Welch will possibly take on the role if he can find a course with a convenient date/time. Need to resend the course dates. **ACTION LP**

Denmead 10k Page – Graham has added more information on the website.

London Marathon – Lisa Peckover confirmed we do not have any places for 2022.

Club Kit – Hoodies are now available to order through Hambleside Merchandise.

Coaching Licence – Lisa Peckover removed Pete Maisey as a coach on the EA portal.

1.4 Club Treasurer

Stuart Hoare had nothing major to report, and the accounts are attached.

1.5 Membership Secretary

Julia Revill reported;

We now have 131 paid up members. We may get another 20-30 by the end of the year.

1.6 Club Captains:

Ladies: Christina Ball reported:

The Denmead ladies teams have been outstanding for such a small club. With 7 out of the 10 races completed the Ladies A team is 5th out of 10 teams in division 1 and the Ladies B team is 7th out of 16 teams in division one.

3 races are left to complete and so far we have a full A and B team lined up for Alton 10mile race and one full Team for Netley 10k, numbers are still low for Netley due to other big races and events in the calendar, but I will be posting and encouraging sign up in the coming week alongside some more promotion with Alton as they are only a week apart.

Alresford 10k is now open for entries and promotion of that will begin shortly

Salisbury 10 mile results from the 3rd of April were very strong. We had 10 ladies take part forming two full teams. The A team finished 4th out of 10 and the B 5th out of 16. An extremely strong showing and all ladies finished within 20 minutes of each other, considering the range of ability this is very impressive. Must of been the downhill.

Jenny parks was extremely consistent with a time only 50 seconds slower than the last race in 2019 of 1:27:57.

Samantha Morris obtained a 10 mile pb of 1:11:03

Really proud of all the effort shown here.

Raised the point of starting up a ladies long run day. Maybe on one Sunday a month outside of race seasons. And all abilities welcome in showcasing one runners favourite route and ending with some refreshments and social to build camaraderie across the ladies team. Will need to make sure it doesn't clash on the weekend with park run days organised by Sam. Seems to be good support for this idea and will be looking to kick it off at the end of June / July

Men: Gary Armstrong reported;

Fifth HRRL Race – Stubbington 10k

18 Men competed, which gave us 3 full teams.

Sixth HRRL Race – Ryde 10 Mile

10 Men competed, which gave us 2 full teams.

Seventh HRRL – Salisbury 10 Mile

13 Men competed, which gave us 3 full teams.

After seven races:

Teams

The A team are currently 5th in A Division 1 – moving up from 9th

The B team are currently 10th in B Division 1 – moving up from 11th

The C team are currently 11th in B Division 2 – moving up from 14th

Individual

14 Men have competed in 1 race

6 Men have competed in 2 races

3 Men have competed in 3 races

2 Men have competed in 4 races

4 Men have competed in 5 races

2 Men have competed in 6 races

1 Man (Gary McCawley) has competed in all 7 races

Individual Standings (Qualifying Men)

Julian Manning – 9th

Rob Wilson – 61st

Lee Weeks – 64th

Kevin Gale – 71st

Gary Armstrong – 72nd

Chris Cornwell – 112th

Michael Harrison – 127th

Jeffrey Streeter – 207th

Roger Jones – 212th

Gary McCawley – 230th

Stuart Hoare – 235th

Future Races

Only 3 races left of the season:

Alton 10 Mile (8th May) – Currently 9 men signed up. (Entries still open)

Netley 10k (15th May) – Currently 4 men signed up. (Entries still open)

Alresford 10k (19th June) – Could not find a list of entrants. (Entries still open)

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

1.7 X-Country Representative.

Paul Welch had nothing to report.

1.8 Striders League.

Graham Clarke reported;

Striders' League 2021-22 Season

With all the XC races and 7/10 of the road races completed leaving just Alton 10m, Netley and Alresford 10k s to the end of the season, the Striders' League leader board is as follows (numbers denote points awarded):

5th.	Kirsty Aked	31.8.	Julian Manning.	68.7
4th.	Caroline Whiting.	35.3.	Gary McCawley.	78.3
3rd.	Christina Ball	47.6.	Roger Jones	83.7
2nd	Lisa Peckover.	54.2.	Rob Wilson	84.9.
1st.	Jenny Parks.	95.3.	Kevin Gale.	94.5

1.9 Social.

Clare is going to look into the possibility of a club skittles night at the RNA club after discussion with the committee who thought it was a good idea. **ACTION CW**

Lee Weeks arranged the first curry night since 2020 and it was a success.

2.0 Coaching

Gary McCawley reported;

Winter Training 2022 – Alternative Venues.

Level 3 (Level 2) Hill Repetitions.

The coaches taking the Level 3 have noticed an increase in the members attending the hill session, especially if we split the group with the faster Level 2 runners. A suggestion was made to review an alternative venue.

Having reviewed the alternatives in the area, I can only suggest using a previous venue for these hill sessions. The venue is in Drayton Lane and is located along Portsdown Hill opposite The George Inn, it offers a long incline (250m) where a number of different hill sessions could be organised. I have marked the hill in red on the picture.

Pro's;

- Plenty of room up and down the hill.
- Parking.
- Choice of warm up routes.

Cons;

- Distanced from Swimming Pool meeting venue – No club introductions.
- Lighting – Will need to check on darker evenings.

Winter Training 2022 – Alternative Venues.

Berewood Skate Park.

To offer some variation to the winter 2022 schedule, I would like to propose a new venue for the consideration of the committee.

The venue is Berewood Skate Park located between Waterlooville and Purbrook. The venue is a loop of just over 800m and could be used for timed pyramid sets, fartleks, 800m repetitions and 1600m repetitions.

As the venue is some distance from the pool sessions, this would have to be the main meeting point with club announcements and introduction being held at the venue prior to the session. I do not see an issue with parking in Asda at this time in the evening, but may need to check their policy. Although, we may get lucky and a cut through could be in place by next winter.

Pro's;

- Allows more variation with the winter schedule.
- Well lit.
- Enough space for members to safely run.

Cons;

- Removed from our main meeting venue.
- Asda parking could be an issue.
- Parking in the residential area could be an issue.
- Youths attempting to join the session.

Both suggested new training venues will need to be considered further.

ACTION GM

3.0 Members Representatives.

Simon Toms had nothing to report as he has not been around much due to injury.

Samantha Morris has now taken over from Mel Hunt as members rep. Sam has suggested a Parkrun tour in July to club members and has had a good amount of interest. She will be finalising the plan in May. Sam has also suggested meeting at Kidmore Lane car park to car share and for members to wear their club vests.

4.0 Denmead 10k Committee.

Nick Griffiths reported:

Planning has so far been smooth and ahead of schedule for this year's 2022 version of the Denmead 10k.

With some notable improvements, we're hoping this year's race is the best yet.

Itemised updates:

- Race license- we now have a full race license from UK Athletics.
- Adjudication- Pam has confirmed her and Malcolm to once again cover our event.
- First aid- after much admin time from Gemma, this is now finally confirmed via SJA.
- Chip timing- the big update... We've accepted a quote from a company to provide this year's race with chip timing. This also includes some slick finish area 'stuff' including an inflatable finish line and big gantry style clock.
- Tickets- now on sale!
- Marketing- aimed at social media channels for the time being, this will be ramped up as the weeks go on. With the event still some way off, we have time on our side to do this at our own pace.

- Club members racing- this has now been agreed that those members of Denmead Striders who wish to run the event, will not be permitted. With the club also running a 'club only' 10k in early June (with a spectacular medal thrown in), and the need to ensure we are fair in previous years decisions and have enough 'labour' for race day, it was decided this was the best outcome.
- Club 10k medals- Rick has ribbons on order and will have these ready by the club event in June.

The 10k committee will meet again on Mon 25th May.

5.0 Newsletter

Dawn Banting has now taken over as newsletter editor.

6.0 A.O.B.

6.1 – Awards – (Raised by Del King) Some of the trophies are looking very tired and Del suggested we possibly replace some of them. After discussions it was decided we would look into getting them professionally cleaned before the next awards.

6.2 – Possible Training Venue – (Raised by Christina Ball) Oaklands School are building a running track which could be a potential training venue. Chrise will keep up updated with costs etc. **ACTION CB**

6.3 – Possible Training Session – (Raised by Simon Toms) Could we look into possibly adding a bleep test to our training schedule.

Next Meeting:

7th July 2022

DENMEAD STRIDERS RUNNING CLUB**Income & Expenditure****For the period****01 January 2022
to 08 April 2022**

		Year Dec 21		Year Dec 21
	£	£		£
Balance 1st January 2022	3,888.70	4,483.60		
INCOME			EXPENDITURE	
Subs (current) £26	2,710.00	2,393.00	Affiliations	
Subs (next year) £26	-	218.00	England Athletics (subs)	2,023.00
			E.A. Club Membership	-
			Hampshire AA	-
			SEAA	-
Interest received	0.04	0.26	Hants Road Race League	-
			SCCL	-
			Other	-
Sundries:			Sundries:	
Great South Run	-	-	Website/Domain	237.41
Easy fundraising	-	-	Stationery, inks, etc.	-
Grant: First Aid Training	-	-	Denmead Scouts	-
Other Income	-	-	Gift Charlie Burton	-
Other Income	-	-	Flowers	-
Other Income	-	-	First aid kit	-
Extra Subs rec'd	-	-	Bank charges	23.97
			Other	40.00
Other	-	-	Events:	
			Awards Night	784.96
Social Events	-	-	Ryde 10 transport	229.60
Xmas Raffle	-	-	Xmas Party & social	-
			Others:	
			Coaching Courses	-
Club Income	2,710.04	2,611.26	Club running costs	3,338.94
Events:				
Denmead 10K	-	-	Denmead 10K	147.59
	2,710.04	2,611.26		3,486.53
				3,015.61

Summary.....

Club funds balance, at start of period	01 January 2022	3,888.70
Surplus / (Deficit) on club running costs		(628.90)
Denmead 10k surplus (to date)		(147.59)
Club funds held	08 April 2022	3,112.21