

# Denmead Striders Running Club

## Committee Meeting

Date: 7<sup>th</sup> July 2022

Location: Elizabeth Road, Waterlooville

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

### 1. Committee Meeting.

#### 1.1 Club Chairman

Clare Welch reported;

We are now in full swing of the summer season, and everyone appears to be enjoying the Denmead lanes.

The HRRL league is now complete and well done to all of those that got back into the racing spirit. I have a good feeling that next year should be a good one for both the men and ladies' team.

We are still seeing a nice flow of new members into the club and it is good to see so many of them getting stuck into training, races and social runs.

Not really a lot else to report but as always, I would welcome any suggestions of ways we can improve things within the club.

#### 1.2 Vice Chairman

Del King had nothing to report.

#### 1.3 Club Secretary

Lisa Peckover had a few minor updates;

DBS Verification had been completed for Steve Trevenna

We were offered two free race places from Run Through for one of their Goodwood events. It was decided we will send an email out to all members and do a draw to determine who gets the places.

**ACTION LP**

Shokz have offered the club one free pair of bone conduction headphones for our chosen coach. Head coach Gary suggested they go to Steve Trevenna.

Looked into Safeguarding courses for the outstanding Welfare Officer role, there are no courses at the moment. The Time to Listen courses are at various times in October. Paul Welch is going to keep an eye out for a convenient date/time.

**ACTION PW**

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 19<sup>th</sup> April meeting:

Welfare Officer – Lisa Peckover to email dates of courses to Paul Welch. Update as per secretary report.

Club Documents – Lisa to sit down with Clare Welch to go through documents we need to complete. Still outstanding. **ACTION LP**

Social – Clare Welch to look into a skittles night at RNA club. Clare enquired about a skittles night, it would cost £50. We will look to organise this later in the year, possibly September/October time.

Training Venues – Gary McCawley to consider suggested training venues further. Christina Ball was going to keep us updated on the possibility of using Oaklands School running track when built. See coaches report for update.

#### 1.4 Club Treasurer

##### For the period 20<sup>th</sup> April to 7<sup>th</sup> July 2022

The club has received further membership subscriptions of £322 (12 members and 1 2<sup>nd</sup> claim)

Of that income the majority was paid to England Athletics at £208  
Reimbursements for Coaches for updating their safeguarding requirements, £20  
and 3 month of banking charges of £16

Across the period the club has commenced to receive entry fees for the forthcoming Denmead 10k, to date £735

Of that amount the club has spent some minor costs in advance of the event totalling £148

Current bank balances:

Current account	£1,925
Reserve account	£2,010

On the question of bank charges, I am currently making an application to NatWest Bank to obtain a new club bank account that will not attract bank charges.

During this process the committee have allocated three signatories to this account, the Chair, Secretary and Treasurer.

To set the account up with only one to authorise transaction online, unless the committee wish to change this to dual online authorisation?

A summary of the income and expenditure for the period January to date is attached

#### 1.5 Membership Secretary

Julia Revill reported;

We now have 145 paid up members. The committee discussed the possibility of amending our online form to try and stop people paying their membership and not giving details for EA. Julia cannot officially sign people up to EA without all details. Clare Welch and Graham Clarke will need to look into this on the website. **ACTION CW & GC**

## 1.6 Club Captains:

Ladies: Christina Ball reported:

Since the last committee meeting we have had the last three races of the HRRL 2021/22 season. The ladies team performed really strongly throughout, despite low numbers for the last few races due to other large events happening.

Results for the last three races as follows:

Alton

Ladies A: 3rd ladies B: 4th

Netley 10km

Ladies A: 7 ladies B: no complete team

Arlesford

Ladies A: 5 ladies B: no complete team

That leaves the overall standings for ladies teams at the end of the season as:

Ladies A division 1 , 5th out of 10 with 46 points tied with Farnham and 3 behind totton

Ladies B division 1, 8th out of 16 with 83 points tied with lords hill

Amazing results across the board and the team is getting stronger all the time, especially the B team making good ground!

In the ladies individual standings we have 5 striders in the top 70

Sam Morris - 19th

Nicky Thomas - 29th

Lisa MP - 34th

Cb- 35th

Jenny parks - 47th

Dream team

Future actions for the ladies team is to get more newbies to events, a lot of new people joining the club and uptake at events is still quite low.

Between us Gary and I have decided to create a race calendar image / pdf that we can link the races too directly, so instead of multiple posts we can keep updating the pdf with links to registrations so it's all in one place and also suitable for the website.

Also agreed going forward to do the race summaries with ladies and mens results.

Last meeting I said about social Sundays .. I haven't got round to this yet! But still in my pipeline.

Happy for winter schedule/ routes

Track at Oakland's won't be ready for a few years yet.

Men: Gary Armstrong reported;

### **Latest Races:**

Eighth HRRL Race – Alton 10 Mile - 11 Men competed, which gave us 2 full teams.

Ninth HRRL Race – Netley 10k - 4 Men competed, which gave us 1 full team.

Tenth HRRL – Alresford 10k - 14 Men competed, which gave us 3 full teams.

## **After all ten races, final positions:**

### Teams

The A team finished 6<sup>th</sup> out of 10 in A Division 1  
The B team finished 10<sup>th</sup> out of 13 in B Division 1  
The C team finished 10<sup>th</sup> out of 19 in B Division 2

### Individual - Total of 32 Men competed

12 Men competed in 1 race  
5 Men competed in 2 races  
4 Men competed in 3 races  
2 Men competed in 4 races  
5 Men competed in 6 races  
2 Men competed in 7 races  
1 Man competed in 9 races

**1 Man (Gary McCawley) has competed in all 10 races**

Individual Positions (Qualifying Men) Had to have ran a minimum of 6 races:

Julian Manning – 8<sup>th</sup>  
Rob Wilson – 27<sup>th</sup>  
Kevin Gale – 33<sup>rd</sup>  
Gary Armstrong – 38<sup>th</sup>  
Michael Harrison – 56<sup>th</sup>  
Jeffrey Streeter – 95<sup>th</sup>  
Gary McCawley – 100<sup>th</sup>  
Stuart Hoare – 107<sup>th</sup>

Men who competed but didn't qualify (ran less than 6 races):

Alan Mcvittie, Alasdair Skelley, Brian Harris, Chris Cornwell, Dan Starkey, Del King, Derek Jones, George Sutherland, Graham Clarke, John A Rogers, John Aldwinckle, Lee Mawson, Lee Weeks, Mark Bicknell, Martin Mckinlay, Martin Parfitt, Matthew Gair, Nick Bailey, Owen Cole, Paul Saunders, Paul Welch, Peter Murphy, Rick Toovey

With a fair few new member joining recently, I will be looking to encourage them to sign up for races next season.

I will post on facebook closer to the time with future race dates and links to sign up pages, as well as chatting to people at training.

## **2022-23 League Races**

Overton 5 Miles – 4<sup>th</sup> September 2022 (Entries now open)  
Solent Half Marathon – 25<sup>th</sup> September 2022 (Entries now open)  
Hayling 10 Miles – 6<sup>th</sup> November 2022  
Gosport Half Marathon – 20<sup>th</sup> November 2022 (Entries now open)  
Victory 5 Miles – 4<sup>th</sup> December 2022  
Stubbington 10k – 8<sup>th</sup> January 2023  
Ryde 10 Miles – 5<sup>th</sup> February 2023  
Salisbury 10 Miles – March 2023  
Alton 10 Miles – May 2023  
Netley 10k – 21<sup>st</sup> May 2023  
Alresford 10k – 18<sup>th</sup> June 2023  
Lordshill 10k – July 2023

## 1.7 X-Country Representative.

Paul Welch reported;

The XC committee had the AGM in mid-May, there were many points raised, but I have tried to condense this to points that I believe only affect us. If you would like a full AGM report, please ask and I will forward it.

### **2022 / 23 season provisional race schedule**

We have had responses from four clubs who typically organise races, as well as interest from Portsmouth Joggers and Fareham AC, leaving the current provisional list of races as:

- i. Folly Farm – 23 October
- ii. The Bourne Woods – mid-November
- iii. Lord Wandsworth College – December
- iv. Queen Elizabeth Country Park - January
- v. Chawton House – January / February
- vi. Alice Holt – February / March (all clubs are requested to supply volunteers for this event)
- vii. Fareham (tba) - March

### **Covid mitigation at races**

With the recent relaxation of nearly all Covid rules, the decision was made to reinstate the food / drink gatherings, and to try and maintain the gathering areas, as this was felt to make the races more inclusive for club participants. Results distribution could take place on the day of the race or the day after.

### **Affiliation fees**

Due to this potential increase in expenditure from the need to pay for portable toilet facilities, a discussion took place over whether we should increase the income generated from affiliation fees for the 2022 / 23 season. Several club reps expressed their comfort with paying a higher affiliation fee.

A vote was held on the proposal to increase the fee to £75, which was agreed.

**Vote: Should we increase affiliation fees to £75. Outcome: yes, we should increase**

### **Female / male team ratios**

A proposal was made that we should move to have full equality between the female and male races by having the same number of runners scoring points in each race. It was noted that historically, more male runners had scored due to the higher proportion of male participants, and that this was discussed at a previous AGM, but that this should not be considered an impediment to changing this approach. Some concerns were raised as to whether increasing the number of female runners who scored points would lead to more incomplete teams. Alternatives such as having the top 8 runners (regardless of gender) scoring or using an average system were also considered.

A vote was held on the proposals:

**Vote: Should we equalise the number of males and females who score points for each club.**

**Outcome: yes, we should equalise this number**

**Vote: Should we have 3 scoring female and male runners per team, or 4 scoring female and male runners per team. Outcome, we should have 4 scoring male and female runners in each team**

### **Start time of races**

Some clubs have had feedback that starting the races earlier would lead to more participation and have asked whether the start time can be amended. It was noted that the league has tried to keep a

consistent start time for all races in a season to avoid any ambiguity or confusion from participants.

Race organisers mentioned that, on the one hand, the 11am start time allows adequate time on the morning of the race for course marking and checking, as starting earlier gives less time for this (particularly for the mid-winter races with a late sunrise). On the other hand, some of the venues such as Bourne Woods and Alice Holt get busier with other venue users later, so starting earlier would help to clear the routes more quickly.

A decision was made to investigate the feasibility of, and agree, this season's start time with the race organisers.

### **Ongoing, pending investigation.**

#### **Maximum speed limit**

A question was tabled about the extent to which runners who have potentially broken the league's maximum speed limit have been checked. It was confirmed that checks do take place, but also that while there haven't been many other races in the 12 months before the 2021 / 22 season, the rule is in many ways self-policing. It was also noted that the SCCL provides a good alternative to the Hampshire League, which does allow all runners to take part regardless of speed.

#### 1.8 Striders League.

Graham Clarke reported;

The Alresford 10k on 19th June was the last race of the HRRL events and also the last fixture in our Striders' League races.

Although, understandably, attendance at all the road and cross country races throughout the year has been a little lower than pre-pandemic days, 60 Striders participated in at least one League race of whom 15 competed in more than 50% of the road races and 12 in more than 50% of the cross country events. In the ladies' competition Jenny Parks finished 26.4 points clear of her nearest rival while the men's competition was a much closer fight for first place with Kev Gale finishing a mere 1.0 point ahead of Rob Wilson!

The final results for the 2021-22 season are as follows:

#### **Ladies**

3rd	Christina Ball	71.2 pts.
2nd	Lisa-Marie Peckover	77.0 pts.
<b>1st</b>	<b>Jenny Parks</b>	<b>103.4 pts.</b>

Jenny deserves a special mention as she completed every race in the league – 10 road races and 5 cross-country.!

#### **Men**

3rd	Julian Manning	96.1 pts,
2nd	Rob Wilson	102.4 pts.
<b>1st</b>	<b>Kev Gale</b>	<b>103.4 pts.</b>

## Rules and Races for 2022-23 Season

It is now time for the Committee to decide on the following:

1. Does the club want to run a Striders' League competition in the 2022-2023?
2. Which races should be included in the League?
3. Is everyone happy with the current rules and scoring system based on age-related grading for the road races? (In response to comments received from members, I intend to try to de-mystify the scoring system in a news item, particularly for newcomers☺)

I am going to assume that we will wish to include all the HRRL and SCCL races in the League. I have not seen any details of fixtures in either of those two leagues but, presumably, there will be 12 HRRL races and 5 or 6 SCCL races, the majority being those which have been included in previous years. The Overton 5 m is usually the first road race and Pamber Forest (or now Folly farm) the first cross country race,

Before the pandemic we used to include three additional road races to add a bit of variety in terms of location and choice of distances. This would give 15 road races to choose from with just 12 of those counting towards an individual's score.

There are a number of alternatives which spring to mind but other suggestions will be welcomed before finalising the fixture list. We need to ensure that the dates of these addition races do not clash with the HRRL/SCCL races as far as possible. My suggestions are:

Bramley 10/20	February 19
Fleet Half	March ?
London M/Southampton M/ Southampton Half	April 23
Hook 10 k	May 14 ?
Bognor 10 k	May 21?

### 1.9 Social.

Clare has provisionally booked the RNA club and DJ for the Christmas Party for the 2<sup>nd</sup> December.

### 2.0 Coaching

Gary McCawley had nothing major to report but wanted the committees feedback on the possible new winter training venues. After discussions the committee agreed the new venues should be given a try.

### 3.0 Members Representatives.

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

Samantha Morris reported;

Parkrun tour update:

I'm not sure if I'll have much interest this month after quite a few people saying they were up for it. It could be due to holiday season but also the cost of fuel at the moment. There are some locations that

are about an hour's drive each way so I was thinking of changing the locations to somewhere more local? Not what I was aiming for but I think it may suit a few more. For example, changing Old Deer this week to Winchester. Sticking with Hogmoor, then possibly Chichester and itchen? If everyone agrees then I can go for that. Or perhaps we can do one tour location a month so it not such a big commitment?

After discussions the committee agreed that the way forward should possibly start off more local and maybe once a month.

#### 4.0 Denmead 10k Committee.

##### Nick Griffiths reported:

36 entries at the moment, low level marketing strategy currently but plans to increase this as we approach summer proper.

Everything else largely organised, couple of little bits waiting on confirmation on (eg communications), but no significant pressing challenges at this stage.

#### 5.0 Newsletter

Dawn Banting released the new style newsletter on 7<sup>th</sup> July. She asked for the committee to send back their fun facts if they have not done so already.

#### 6.0 A.O.B.

6.1 – New Members – It was decided that new members should get a call out at training in the announcements when they officially join the club.

6.2 – Race Promotion – (Raised by Del King) Details of where people can find races besides HRRL and XC will now be mentioned in Clare's email updates and Dawn will put these also in the newsletter.

6.3 – Communications – (Raised by Nick Griffiths) Should we look to use Google for our communications? This would mean all committee members could send out emails to members at any time, meaning Clare would not need to send out everything. It was discussed and decided it should be researched.

**ACTION CW**

#### **Next Meeting:**

13<sup>th</sup> October 2022



**DENMEAD STRIDERS RUNNING CLUB****Income & Expenditure****For the period****01 January 2022  
to 07 July 2022**

		Year Dec 21				Year Dec 21	
	£	£	£		£	£	£
Balance 1st January 2022	3,888.70	4,483.60					
<b>INCOME</b>				<b>EXPENDITURE</b>			
Subs (current) £26	3,058.00	2,393.00		Affiliations			
Subs (next year) £26	-	218.00		England Athletics (subs)	2,231.00	2,010.00	
				E.A. Club Membership	-	150.00	
				Hampshire AA	-	-	
				SEAA	-	-	
Interest received	0.34	0.26		Hants Road Race League	-	125.00	
				SCCL	-	50.00	
				Other	-	-	
Sundries:				Sundries:			
Great South Run	-	-		Website/Domain	237.41	-	
Easy fundraising	-	-		Stationery, inks, etc.	-	6.20	
Grant: First Aid Training	-	-		Virtual league prize	40.00	-	
Other Income	-	-		Gift Charlie Burton	-	19.98	
Other Income	-	-		Flowers	-	41.00	
Other Income	-	-		First aid kit	-	8.00	
Extra Subs rec'd	-	-		Bank charges	40.17	-	
				Other	-	-	
Other	-	-		Events:			
				Awards Night	784.96	-	
Social Events	-	-		Ryde 10 transport	229.60	-	
Xmas Raffle	-	-		Xmas Party & social	-	465.43	
				Others:			
				Coaching Courses	20.00	140.00	
<b>Club Income</b>	<b>3,058.34</b>	<b>2,611.26</b>		<b>Club running costs</b>	<b>3,583.14</b>	<b>3,015.61</b>	
<b>Events:</b>				<b>Denmead 10K</b>	<b>147.59</b>	<b>-</b>	
Denmead 10K	735.26	-					
	<b>3,793.60</b>	<b>2,611.26</b>			<b>3,730.73</b>	<b>3,015.61</b>	

**Summary.....**

Club funds balance, at start of period	01 January 2022	3,888.70
Surplus / (Deficit) on club running costs		<b>(524.80)</b>
Denmead 10k surplus (to date)		3,363.90
		<b>587.67</b>
Club funds held	07 July 2022	<b>3,951.57</b>