

# Denmead Striders Running Club

## Committee Meeting

Date: 27<sup>th</sup> October 2022

Location: Elizabeth Road, Waterlooville

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

### 1. Committee Meeting.

#### 1.1 Club Chairman

Clare Welch reported;

Firstly, I would like to start by thanking the committee for stepping in over the last few weeks which have been rather challenging for me personally. Knowing you have a good team behind you really does give me one less thing to worry about.

So here we are, fresh off the back of the Denmead 10k where new for 2022 was chip timing. I know more will follow from Nick on this, but I would like to thank all the 10k committee for their hard work over the year in making sure it was a smooth operation and success on the day. It was also great to see so many members helping with marshalling. I know it is something the runners often mention about how supportive we are as a club.

No sooner had the HRRL league finished we are now into the next season and already seeing a sea of striders signing up to races. Again, a big thank you to Chrise and Gary for their work in rallying the troops. I know your constant updates and communications are having an impact in getting people more involved and here's to a successful season ahead of us.

We have also had the first Cross Country race of the season, which no doubt Paul will be excited to report tonight but I have a feeling this could be a very good season for us if we keep the momentum going.

With the introduction of the "striders email" I feel that once again we are strengthening our channels of communication and reaching out to as many club members as we can.

We are full steam ahead into the Winter training and trialling new locations along the way. I would encourage everyone to get feedback on this from our members to help prepare for future planning.

Socially the curry nights are back with a lot of different faces coming along, we have our first skittles night upcoming and the good old Christmas Party to look forward to as well.

From what has been a tricky first couple of years as Chairman I really am excited for the year ahead.

## 1.2 Vice Chairman

Del King asked head coach if we should continue to use the Bewewood Skate Park as a training venue. There have been various comments from members that the venue is too dark. A discussion was had and it was decided Gary will remove the venue from the training schedule.

Del also suggested the coaches reiterate again that all runners keep to the left when training and coaches to wait for everyone to turn up before starting the briefing.

## 1.3 Club Secretary

Lisa Peckover had a few minor updates;

DBS Verification had been completed for Kirsty Aked.

London Marathon – We have been allocated 1 place for next year.

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 7<sup>th</sup> July meeting:

Welfare Officer – Paul Welch was going to organize registering for the courses needed. Paul has now done this.

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

Online Member Form – Clare and Graham to look into amending our form to try and stop people paying their membership without giving their details for EA. Graham has completed this.

Communications – Clare to look into Google for member communications, meaning all committee members can send emails. Clare has now set this up and it is working well.

## 1.4 Club Treasurer

### Stuart Hoare reported:

The club has changed its bank account from HSBC to NatWest, the new account is up and running. However we need to close the old account to do so I would need minutes on a meeting stating that the club has agreed to close the account.

This was discussed and all committee members agreed to close the HSBC account.

Denmead 10k, the final income and expenditure has been collated – from the 134 paid entrants the club received £2,811 and spent a total of £2,863 leaving a small loss of £52. A summary is provided showing the breakdown of costs.

Club finances, currently the club has funds of just short of £3,500 – During the last three months the club has paid its Affiliation to SCCL £75 & HRRL £125 & Hampshire Athletics £100.

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

## 1.5 Membership Secretary

Julia Revill reported;

England Athletics are putting their price up to £17pp. Julia asked the committee if we should increase our membership fees. A discussion was had and all committee members agreed that we should increase our subscription fee to £28 from 1<sup>st</sup> November 2022.

## 1.6 Club Captains:

Ladies: Christina Ball reported:

A slow start to the season for the ladies team, unfortunately some lower numbers have led to non scoring teams, but there will still really good runs within that. With two races down we are at the bottom of the table for both A and B teams

There are three upcoming races before the end of the year and already we have enough for a complete A and B team at each. High hopes for the ladies team for the middle of the season.

League summary and Facebook updates seem to be going down really well.

Men: Gary Armstrong reported;

The start of the new HRRL has been quite slow with not many men signing up for the first few races. We've only put forward an A team so far. However, this is massively improving with the next few races which should see an A, B and C team.

### **Latest Races:**

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

4 Men competed, which gave us 1 full team.

#### **Second HRRL Race – Solent Half Marathon**

7 Men competed, which gave us 1 full team. (1 short of a B team)

#### **After two races, latest positions:**

##### Teams

The A team are 7th out of 10 in A Division 1

The B team are 9th out of 10 in B Division 1 (We haven't had a B Team yet)

The C team are joint 11th with 12 others in B Division 2 (We haven't had a C Team yet)

##### 2022-23 League Races - Upcoming

Hayling 10 Miles – 6th November 2022 (22 Men Signed Up)

Gosport Half Marathon – 20th November 2022 (12 Men Signed Up)

Victory 5 Miles – 4th December 2022 (8 Men Signed Up)

Stubbington 10k – 8th January 2023 (SOLD OUT – 16 Men Signed Up)

Ryde 10 Miles – 5th February 2023 (Not currently open for entries)

Salisbury 10 Miles – March 2023 (Entries open 1st December)

Alton 10 Miles – May 2023 (Date to be finalised)

Netley 10k – 21st May 2023

Alresford 10k – 18th June 2023

Lordshill 10k – July 2023

## 1.7 X-Country Representative.

Paul Welch reported;

As I'm sure most of you are aware, the season is underway with the first race happening last Sunday.

A few more race dates have been confirmed as follows:

- i. Folly Farm / Kingsclere Estate– 23 October. Complete.
- ii. The Bourne Woods – 27th November
- iii. Lord Wandsworth College – 18th December
- iv. Chawton House – 22nd January
- v. Alice Holt – 26 February (three weeks after Chawton House – all clubs are requested to supply volunteers for this event)
- vi. Fareham – 5th March

We are still waiting for details regarding a QE race this season.

### Race 1 (Folly farm) results

#### Folly Farm XC Results

Men				Ladies			
Club	Runner	Race Pos'n		Club	Runner	Race Pos'n	
		16				9	
1	Julian Manning	4		1	Hannah Curtis	13	
2	Matt Russel	10		2	<b>Tillie Madgewick</b>	34	
3	Mark Bicknell	11		3	Lisa Peckover	39	
			Sub-total				Sub-total
4	Michael Harrison	27	52	4	<b>Bekki Leaves</b>	55	141
5	Gary Armstrong	30		5	Anita Crawley	71	
6	Alex Blake	58		6	<b>Bridie Rowlands</b>	75	
7	Mat Sibley	77		7	Caroline Whiteing	89	
8	Paul Welch	91		8	<b>Cathy Price</b>	124	
9	George Sutherland	95		9	Clare Welch	131	
10	Roger Jones	149					
11	Stuart Hoare	155					
12	Gary McCawley	157					
13	Pete Murphy	212					
14	Brian Harris	223					
15	Nick Bailey	224					
16	Tony Laurenson	227					
17							
Mens Team finished 1st out of 23				Ladies Team finished 7th out of 23			

Overall team result 2nd out of 23

### 1.8 Striders League.

Graham Clarke reported;

With the racing season now underway, although some may not realise, members have now been gaining Striders' League points for themselves.

This year we are back to a full schedule of fixtures eligible for points in the League, 15 road races and 7 cross country.

The qualifying events this year are:

- 12 HRLL races
- 7 Southern Cross Country League races
- An additional 3 road races :

the Bramley 10 or 20m

London Marathon/Southampton Marathon/Southampton Half Marathon

Winchester 10 k (a new race for the League this year).

So, as far as road races are concerned

- 2 5 milers
- 3 10 k
- 5 10 milers
- 3 half marathons
- 1 20 milers
- 1 marathon

So there should be plenty of variety to suit everyone!

As in previous years only the best twelve road races will count for each member and maximum points may be achieved by completing six out of the seven XC races.

To date, 34 members have gained League points and the leader board is as follows:

### **Ladies**

5th	Jenny Parks	6.6 pts.
4th	Samantha Morris	6.8 pts.
3rd	Lisa-Marie Peckover	11 pts.
2nd	Hannah Curtis	12.1 pts.
<b>1st</b>	<b>Nikki Thomas</b>	<b>13.8pts.</b>

### **Men**

5th	Gary Armstrong	11.7 pts.
4th	Mark Bicknell	12.9 pts.
3rd	Alan McVittie	14.4 pts.
2nd	Brian Harris	14.8 pts.
<b>1st</b>	<b>Rob Wilson</b>	<b>15.2 pts.</b>

### 1.9 Social.

This years Christmas Party will be held on 2<sup>nd</sup> December at the RNA club.

## 2.0 Coaching

### Gary McCawley reported:

#### Berewood Skate Park Feedback:

A number of members expressed their concern to the Committee about the safety of using Berewood Skate Park as a training venue. The main concern being dark spots on the circuit, where either no street lights were placed, or street lights were not working. Other points raised included;

- Female members feeling uncomfortable running in these dark areas.
- Running into dog walkers who were wearing dark clothing.
- Tripping over small dogs on long or no leads.
- Faster Level 3 runners cutting across or feeling unsafe on the corner near the bottom of the circuit.
- Difficulty adjusting to the light contrast, even with a head or body torch.
- Concern was also raised on the smooth surface becoming slippery when it becomes frosty or during a rainfall.
- Members would rather train on their own on Wednesday than use the Skate Park.

The Committee felt that rather than wait for an accident to happen the club be pro-active and asked the Head Coach to review the schedule with a view to no longer using Berewood Skate Park as a venue. This topic was part of a lengthy discussion as the Skate Park did provide variety, but it was felt that the safer option is the Berewood Estate.

The Head Coach agreed to review the winter schedule and make adjustments as required. It maybe the club could the use the venue for the first and last 2-3 sessions of winter when the light is more favourable.

Due to the short notice it was felt the 600m session at Berewood Skate Park would go ahead.

#### Coaching AoB.

- Coaches to be aware of back markers when running to a venue. Lead coach to wait for all runners to arrive before giving the session brief.
- Remind members to keep to the left during the repetitions.

## 3.0 Members Representatives.

Simon Toms announced he will be standing down from his position. The club will advertise for a replacement.

Samantha Morris asked if the club may be interested in providing more merchandise for members, for example jogging bottoms etc. It was agreed this would be a good idea to look into. **ACTION SM & CW**

## 4.0 Denmead 10k Committee.

### Nick Griffiths reported:

Confirmation of changes in committee, including Gemma and Nic S standing down, with big thanks for their hard work for the past 3 years. The rest of the committee will remain for 2023, with the addition of Sam M replacing Gemma as Race Secretary.

After a hugely successful race in 2022, steps are being taken to get 2023 in the diary. The race date is 8<sup>th</sup> Oct 2023. Chip timing will remain.

Discussion took place around entering the race into the Hampshire Road Race league fixture list. It was agreed however that we would not be doing this.

There was also a discussion about how the race should be advertised to try and up numbers next year, possibly along the same lines as other local family races. The Denmead 10k committee will need to discuss this.

### 5.0 Newsletter

Dawn Banting confirmed the next newsletter will be released in December and continues to ask people for content.

### 6.0 A.O.B.

6.1 – Training Start Location (Raised by Steve Trevanna via Gary McCawley) The committee discussed this, and it was decided our start location will remain the same. Now we have taken the Berewood Skate Park out of the schedule there is no need to change the start location.

6.2 – Food Bank Run (Raised by Lisa Peckover and Del King) Runr are organising a nationwide food bank run in February 2023 as this is thought to be one of the hardest times for people and food banks. The committee thought this was a good idea. We will not do a run to the food bank itself for health & safety reasons, and the food bank has limited opening hours.

We will contact the food bank to find out what their needs are and arrange a date for members to bring their donations along in February.

**ACTION LP & DK**

6.3 – Friday Social Run – This will be taken off our website and it is not happening presently.

**ACTION GC**

6.4 – Website – We have come across a website using our old web address, this will need to be taken down as it is misleading to members and potential new members.

**ACTION GC**

### **Next Meeting:**

12<sup>th</sup> January 2022

**DENMEAD STRIDERS RUNNING CLUB****Income & Expenditure****For the period****01 January 2022  
to 26 October 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	3,302.00	2,393.00	Affiliations	
Subs (next year) £26	-	218.00	England Athletics (subs)	2,407.00
			E.A. Club Membership	-
Interest received	1.49	0.26	Hampshire AA	100.00
			SEAA	-
Sundries:			Hants Road Race League	125.00
Easy fundraising	-	-	SCCL	75.00
Grant: First Aid Training	-	-	Other	-
Extra Subs rec'd	-	-	Sundries:	
Other Income	-	-	Website/Domain	237.41
Other Income	-	-	Stationery, inks, etc.	-
			Virtual league prize	40.00
Other	-	-	Gift Charlie Burton	-
			Flowers	-
Social Events	-	-	First aid kit	-
Xmas Raffle	-	-	Bank charges	55.17
			Other	-
			Events:	
Club Income	<u>3,303.49</u>	<u>2,611.26</u>	Awards Night	784.96
			Ryde 10 transport	229.60
Events:			Xmas Party & social	50.00
Denmead 10K	2,811.06	-	Others:	
	<u>6,114.55</u>	<u>2,611.26</u>	Coaching Courses	40.00
			Club running costs	<u>4,144.14</u>
				<u>3,015.61</u>
			Denmead 10K	2,383.99
				<u>6,528.13</u>
				<u>3,015.61</u>

**Summary.....**

Club funds balance, at start of period	01 January 2022	3,888.70
Surplus / (Deficit) on club running costs		<u>(840.65)</u>
Denmead 10k surplus (to date)		3,048.05
		<u>427.07</u>
Club funds held	26 October 2022	<u>3,475.12</u>