

Denmead Striders Running Club
Annual General Meeting 2022
Friday 18th March 2022, 7.15pm at RNA Club, WaterlooVille.

Minutes

1. The Chairman – Clare Welch

We are finally back as a club and I am now finally able to host my first AGM and awards evening!

This past year we have seen the return of the HRRL, SCCL, managed to hold a successful 10k with a brand new committee and we even had a Christmas Party all be it a bit low key.

We have recently changed supplier of our Hoodies with the site soon to be available for online ordering again, further ideas on how we can expand this are a foot too.

With the introduction of the email distribution, I feel we have been able to reach out to more of our members which works nicely against the website and Facebook.

I have decided to step down as Newsletter Editor as with everything else I feel it would be good to have a fresh pair of eyes and a new perspective on things.

We have had a nice influx of new members and are already seeing them benefit from our structured training sessions.

Whilst 2021 was still not the easiest of years I think there has been a lot to celebrate as a club.

1.1 & 1.2 2021 AGM minutes – Matters arising.

The minutes from the previous AGM (March 2021) were agreed and signed as a representative account of the meeting.

There were no matters arising from the previous AGM.

2. Reports from Committee members.

2.1 Vice Chairman – Del King

There have been no significant occurrences although there have been a number of trips and falls during the winter months. Lighting in Berewood is not at its best and there is an increase in footfall of pedestrians including those walking dogs. Striders need to exercise extreme care on the warm up routes and during the sessions. Coaches will continue to brief on hazards so it is important to listen to their instructions. If there are any incidents please report them to the coach or myself as soon as possible. Finally a committee member, or one of the coaches, will also be running at the rear (as back marker) on the way to the start to ensure everyone arrives safely for the session.

2.2 Club Secretary – Lisa Peckover

Nothing major to report for the year.

2.3 Treasurer – Stuart Hoare.

This year we returned to training albeit it still under Covid restrictions the club decided to offer a reduction to the annual membership fee, from £26 to £20, around 60% of member's took that offer. This has partly led to a reduction to the membership fees received in the year and with fewer members compared with the prior year.

For the costs of the club, the majority of those are the member's England Athletics subscription fees, otherwise other expenditure during the year was, the affiliation fees to the various running leagues, social events and sundry other items, as detailed in the accounts.

This year saw the return of the Club's own 10K road race, in October. Although the numbers were restricted due to conditions at time, a successful race took place. Financially, the overall there was a small deficit of £79 however certain costs made in this year related to next year's race, being the purchase of medals for both the 2021 & 2022 races.

In summary the club spent £273 more than its income, leaving the total fund funds held at 31 December 2021 £3,889 - split £1,611 held in the current bank at £2,010 held on deposit, and cash funds of £268.

The accounts are appended setting out the income and expenditure of the club for the year ended 31 December 2021.

2.4 Membership Secretary – Julia Revill.

We have a very loyal membership so despite 2 difficult years the numbers were not bad, 145 in 2020 and 136 in 2021. It was great to see so many people turn up to the separate level venues that Gary arranged for us. It felt almost back to normal last autumn with just a few Covid rules in place. So far 2022 is looking promising with regard to membership and training numbers, fingers crossed.

2.5 Club Captains

Kirsty Bailey

We are approaching just over halfway through the HRRL competition with 6 races completed and 4 to go. We continued to have an abundance of our ladies at both Stubbington 10K (11 ladies) and Ryde 10 mile (9 ladies) with strong performances from all.

Stubbington 10k results:

279th Sam Morris
287th Hannah Curtis
330th Gemma Heggs
412th Nicola Thomas
602nd Lisa Peckover
603rd Bekki Leaves

651st Christina Ball
819th Jenny Parks
993rd Rachael Harrison
994th Anita Crawley
1073rd Caroline Whiting

Ryde 10m Results:

144th Hannah Curtis
145th Sam Morris
176th Nicola Thomas
226th Christina Ball
230th Lisa Peckover
268th Linda Taylor
337th Jenny Parks
388th Slavena Jensen
477th Anita Crawley

Our Ladies A Team Division 1 has not only moved out of the relegation zone but are climbing up the table, currently sitting at 5th position.

Ladies B Team Division 1 has also made great headway, moving up the tables from 10th to 7th.

The lowest scoring 3 races are dropped from the overall scores at the completion of the season so there is a possibility that we may end up even higher in the leagues if we maintain our performances at the remaining races. So far we have a full team at Salisbury. Alton 10m and Alresford 10k entry lists are not available currently. There is a risk that we may be short at Netley 10k as this clashes with the local popular Clanfield Challenge running event.

Ladies Individual League current standings are:

26th Hannah Curtis
30th Sam Morris
32nd Gemma Heggs
42nd Nicola Thomas
67th Kirsty Aked
79th Christina Ball
83rd Lisa Peckover
97th Bekki Leaves
116th Linda Taylor
159th Jenny Parks
175th Anita Crawley

As my time as Ladies Captain draws to an end, I would like to say thank you to all our amazing runners who have supported me throughout my term. I am incredibly proud of what our teams have achieved and especially how we support and encourage one another. I am delighted to be handing over the reins to Chrise who I have no doubt will be an inspiring and encouraging ladies Captain and that we will continue to perform strongly in the league under Chrise's leadership.

Kirsty Bailey stepped down as ladies captain.

Gary Armstrong

Following the abandoned 2019-20 and 2020-21 seasons the HRRL started back up in September 2021.

At the HRRL AGM they agreed to adjust the rules to set teams at 4 runners for both men and ladies. It has also been agreed that since there are 10 races instead of the usual 12, it will be 8 scores to count for teams and 6 for individuals.

The season got off to a slow start with only 3 men competing in the first race of the season. This has improved over time with the most men competing being 18 at Stubbington 10k.

Teams

After 6 races:

The A team are currently 7th in A Division 1

The B team are currently 11th in B Division 1

The C team are currently 13th in B Division 2

Individual

11 Men have competed in 1 race

6 Men have competed in 2 races

3 Men have competed in 3 races

1 Man has competed in 4 races

4 Men have competed in 5 races

1 Man (Gary McCawley) has competed in all 6 races

Individual standing:

17th Julian Manning

73rd Lee Weeks

84th Rob Wilson

100th Kev Gale

106th Martin McKinlay

113th Gary Armstrong

154th Chris Cornwell

182nd Michael Harrison

207th Paul Welch

226th Owen Cole

287th Roger Jones

296th Jeffrey Streeter

324th Gary McCawley

327th Stuart Hoare

428th Brian Harris

2.6 XC Representative – Paul Welch

After the enforced break due to Covid it was great to be back racing cross country again. This season we only had 5 races as PJC decided they couldn't put on their usual race at QE country park, we also saw a reduction in teams down to 23.

My focus again this year was to try to field full teams in all of the races & ideally improve on the previous seasons 9th place finish or at least maintain the top 10 finishes we've had for the past couple of years.

I'm very happy to report that we did field a full team in every race and even happier to report that we finished in an excellent 6th position. Basingstoke won the league, with Farnham in 2nd & Portsmouth Tri in 3rd.

Our men managed two 2nd place finishes from the 5 races and the ladies best race position was 6th which is a 3-position improvement on last year.

We had a total of 22 men (down from 31) and 12 women (down from 18) competing in at least one race this season, of which 12 (down from 23) completed four or more races, which scores them bonus striders points.

We had only had 3 runners complete all five races (Julian Manning, Kev Gale & Jenny Parks), so thank you to them for their commitment.

Just one more statistic to add, we had Julian scoring for the team in all 5 races, and Lisa Peckover & Rob Wilson also scored in all 4 of the races that they ran in.

Finally I'd like to thank everyone for turning up to support the club at these races, including Rachel Harrison who has been my results collator for every race, plus Julia Revill & Graham Clarke for volunteering to marshal at the final race, here's to next year.

2.7 Coaching – Gary McCawley

Hopefully, we have now come out of the pandemic and the club can return to some kind of normal as we look forward to training around the Denmead Lanes for the Summer.

I would like to thank the members for their patience and understanding as the coaching team endeavoured to bring you training sessions that took into account the exceptional circumstances.

Once again, it has been really inspiring reading all the social media posts as you challenged yourself to complete virtual marathons, half marathons, 10K's and other distances. Also, as the racing calendar builds up again it is good to see none of the members have lost their appetite to race with some exceptional performances over the past 6 months. As a run leader it is nice to see your training on Mondays and Wednesdays is helping the members achieve their goals.

The summer schedule is almost complete and will contain the usual mix of intervals, sustained runs, hill work and the Handicap Run Series. There will be some small changes with the inclusion of more shorter sprint sessions and less extended interval sessions on a Monday. I am also looking to the coaches to add their own twist to the core session to make them more interesting

Whilst it may seem a long way off, I will also be looking to change the hill venue for the Level 3 runners and bring in a new venue at the Berewood Skatepark. More details to follow throughout the year.

The club currently has 10 qualified coaches and there are currently no plans to increase this. The coaching team all worked well together, helping each other out if sessions could not be taken. I would like to thank the team for all their time, enthusiasm and dedication which allows the club to actively organise a structured training schedule along with other ad-hoc runs over the course of the week.

I wish all the members a happy and injury free year of running in 2022/3.

3. Affiliation to the HRRL and SCCL for 2022/23

The Club Chairman put forward a proposal that the club remained in the HRRL and the Southern Counties Cross Country League for 2022/23 season.

The proposal was put to the A.G.M. and agreed.

4. Election of Officers.

The following committee members had resigned their posts at the AGM;

Ladies Club Captain – Kirsty Aked

Members Representative – Melanie Hunt

Newsletter – Clare Welch

Volunteers to take on these positions had been found and agreed.

The chairman asked if anyone else wanted to put their names forward for any of the positions which would result in an election being held.

Position	Elected Officer
Chairman	Clare Welch
Vice Chair	Del King
Treasurer	Stuart Hoare
Club Secretary	Lisa Peckover
Membership Secretary	Julia Revill
Club Captains	Christina Ball & Gary Armstrong
XC Representative	Paul Welch
Newsletter Contact	Dawn Banting
Website	Graham Clarke & Clare Welch
Members Representative	Samantha Morris
Members Representative	Simon Toms

With no further changes the above officers were appointed.

5. Health and Safety

See Vice Chairman report.

6. Website Update

Graham reported the website has been ticking over fine and welcomes any suggestions people may have.

7. Club Newsletter – Dawn Banting

Dawn to resume newsletter on a quarterly basis.

8. A.O.B.

Clare Welch – To inform member of the rules regarding running for the club first/second claim.

9. Chairman's Closing Remarks.

As we head well into 2022 I finally feel I can get my feet well under the table with the Aid of my band of Merry Men and Women.

I have some ideas for more social gatherings and will continue to communicate to members through all our channels.

I look forward to another successful 10k and seeing new members names appear in the weekly results.

I am sad to see our ladies club captain Kirsty step down as she has done an excellent job rallying round the troops and motivating the team and is to me a very close friend, however with that comes excitement of the next chapter with some fresh blood and new enthusiasm.

Thank you also to Mel for her time as Ladies Members Rep and of course before that not to forget she too was Ladies Captain.

Lastly thank you as always to the committee for all their support & guidance and thank you to all our club members that make it a joy to be part of.

DENMEAD STRIDERS RUNNING CLUB			
Income & Expenditure			
01 January 2021			
to	31 December 2021		2020
	£	£	£
Balance held, 1st January 2021			
Balance at Bank		3,750.51	4,283.40
Cash in hand		411.58	200.20
		<u>4,162.09</u>	<u>4,483.60</u>
Income			
Subscriptions	2,611.00		3,310.00
Bank interest	0.26		3.28
Other	-		-
	<u>2,611.26</u>		<u>3,313.28</u>
Running costs of the club			
Affiliations & memberships	2,335.00		2,290.00
Coaching course	10.00		140.00
Equipment, etc.	-		16.62
Stationery & other costs	6.20		-
Website/Domain	-		155.94
Awards night costs	-		828.54
Social events	385.19		57.00
Gift Charlie Burton	19.98		-
Ryde Road Race transport	-		139.20
Flowers for members	41.00		-
First aid kit	8.00		-
Other costs	-		7.49
	<u>2,805.37</u>		<u>3,634.79</u>
Club general deficit in the year		(194.11)	(321.51)
Denmead 10K, (deficit)/surplus		(79.28)	-
Balance of the Club, 31 December 2021		<u>3,888.70</u>	<u>4,162.09</u>
Represented by:			
		£	£
Balance at Bank - current account		1,611.47	741.12
Balance at Bank - deposit account		2,009.65	3,009.39
Cash in Hand		267.58	411.58
		<u>3,888.70</u>	<u>4,162.09</u>