

Denmead Striders Running Club

Annual General Meeting 2023

Friday 24th March 2023, 7.15pm at RNA Club, Waterloooville.

Minutes

1. The Chairman – Clare Welch

What a year!

Not only have we come back in every aspect after the pandemic, we have come back with a bang!

We have had members old and new taking part in the HRRL and whilst I don't want to steal the Cross Country Captains thunder – did you hear we won the SCCL League! The camaraderie and buzz this has created within the club has been a pleasure to be part of.

It has been a joy to watch so many members improving over the past year and really does seem like there is a new zest in the club.

We saw our first "Chipped time" Denmead 10k which again although the numbers were not quite where we wanted them, was definitely a success and less stress for all of those involved. Special thanks to the 10k Committee and once again thank you to all the club members that turn up and volunteer. It really does say a lot about the ethos of our club.

We have seen Dawn take over the Newsletter with some great seasonal editions and would like to thank her for taking on this role and doing a sterling job thus far.

We saw the introduction of our new ladies' club captain Chrise who has done a great job in rallying the troops along with Gary again opening up those channels of communication and ensuring we are reaching out to as many members as possible. Unfortunately, injury has hindered her presence over the last few months but am hopeful she will soon be back to club sessions motivating all the lovely ladies to give some of the races a go. Socially we held our first skittles evening since I have been chair and feel this was a great addition to the social calendar, it's been great to see Lee Weeks infamous Curry Nights back in full force and a successful Christmas party. Proving that we play as hard as we work.

We continue to have new members come along and stay and it is great to see them improving with the training sessions. Special thanks to Gary & the coaches for allowing us to have such a varied training schedule.

All in all what a cracking year to be proud of.

1.1 & 1.2 2022 AGM minutes – Matters arising.

The minutes from the previous AGM (March 2022) 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

Following last years AGM where I reported there had been a number of falls a decision was taken that a committee member or coach would be running at the back to ensure if somebody did fall they would not be left behind.

It is pleasing to report that I have received no reports of any incidents this year and that at recent committee meetings the following additional measures have also been put in place to ensure the safe conduct of training sessions:

- Coaches will carry first aid kits to the sessions and that it would be briefed at the start of sessions that the Coach was first aid trained.
- Berewood Skate Park would be removed as a venue for sessions due to the darkness at the site.
- Coaches would wait to brief ALL runners at the session start point for 2 reasons: firstly so that everyone understood the sessions and secondly and most importantly that they heard the necessary safety measures such as running on the left and to report to the coach if there was a first aid incident.

Throughout the year the coaches have done an exceptional job with their dynamic risk assessments prior to the sessions to ensure all are safe and I would like to take this opportunity to formally record our thanks to them for keeping all members safe.

The only outstanding H&S action is the renewal of the 1st aid qualifications which have expired. These are in hand for renewal and I am confident that all coaches remain competent and the lack of in date 1st aid training should not hinder any training sessions.

2.2 Club Secretary – Lisa Peckover

Nothing major to report for the year. The committee met on several occasions during the year and the minutes are available on the website. There were no proposed changes to the Constitution.

2.3 Treasurer – Stuart Hoare.

The annual accounts are attach detailing the income and expenditure of the club during the year ended 31 December 2022.

The income for the club is derived from its membership subscription at £26 per year however £16 of that subscription is then paid directly to England Athletics on behalf of the members. This leave just a value of £10 per member to cover the costs of running the club.

The costs of the club can be split into the affiliation fees to the various organisations being England Athletics, Hampshire Road Race League, Hampshire Athletics and Southern Cross-Country League. Other costs consist of social events, AGM & Awards Night, website hosting and upgrading plus covering the ferry transport to Isle of Wight for the Ryde road race.

Overall the club spent £382 more than it received in the year by using some of its reserves held.

The club did run the Denmead 10k road race in October 2022, this year there were increased costs due to the addition of Chip timing to the event. Entry fees were increased to compensate for general increases in expenses, the event did return a cash surplus of £387. This surplus was aided as part of the medal costs were incurred in a previous year. As a comparison if the full costs of the medals were incurred this year the event would have returned a very minor deficit.

On an administration aspect the club has changed its bank from HSBC to NatWest due to HSBC implementing banking charges against clubs and societies. By moving the club's banking requirements to NatWest, the club now benefits from no banking charges.

In summary at the end of the December 2022 the club held funds totalling £3,903.

2.4 Membership Secretary – Julia Revill.

The 2022 membership figure was close to our previous highest total of 161 at 158, an improvement over 2021 which was 141.

It is so good to welcome our returners and newcomers who all help to make our club fun and competitive.

We were able to maintain our fees for 3 years but as you know we have had to increase them for 2023.

Thank you to those who have already paid and I am sure we will have some more new members over the next few months.

2.5 Club Captains

Ladies - Chrise Ball

Crikey what a ride. My first full year as the ladies Club Captain, I would just like to thank my counterpart Gary for putting up with some of my mad ideas and all the help with what the actual heck is going on. I know I can be very sporadic in my coms, don't ever fact check me also thanks to others on the committee and in the club for their patience and help especially when I keep forgetting the mens C team and my meeting notes! Sorry! And thank you Lisa.

Since the last AGM we have seen the end of the 2021/2022 HRRL season in which the ladies teams had a very strong performance. For which I can only thank ex captain Kirsty for leaving me with such a strong standing.

2021/2022 season stats as followed

Team scores

Ladies A team finished 5th out of 10

Ladies B team finished 8th out of 16

Both teams in the first division

Individuals in the top(top 70)

19 Samantha Morris 86.5

29 Nicola Thomas 80.4

34 Lisa-Marie Peckover 75.1

35 Chrise B 74.9

47 Jenny Parks 54.1

The current 2022/2023 season is going well, but a slower start than last year. However some strong performances within,

Standings so far with 7 out of 12 races completed

Team scores

Ladies A team 7th out of 10

Ladies B team 7th out of 10

Individuals

3 in the top 70

31	Hannah Curtis	Denmead	88.8
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Nicola Thomas	Denmead	83.5
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67	Lisa-Marie Peckover	Denmead	76.
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Particular shout out to a newbie to the road race league circuit, Kayleigh Giles who got a 10k PB on her debut and is a real one to watch.

We also had some strong performances at Ryde 10 mile with 3 of the 5 ladies who ran getting course PBS (Jenny Parks, Lisa-Marie P, Nicky Thomas)

Upcoming races

1. Salisbury 10 mile - 26 Mar 2023
2. Alton 10 mile - 14 May 2023
3. Netley 10 km - 21 May 2023
4. Alresford 10 km - 18 June 2023
5. Lordshill 10 km - 2 July 2023

I have tried to introduce the race summaries on the facebook and email pages which seem to be going down well. The efficacy and ease of the race calendar is still TBC. it would help if I updated it.

Also, More work needed on my behalf to rally some more troops.

We really do have a small but mighty team and it has been fantastic watching everyone's progress and dedication to the events and the club. My upmost thanks to all the runners who come along and put the time and effort in, we wouldn't be a team without the consistency and dedication of everyone.

CB over and out.

Men - Gary Armstrong

Past Season – 2021/22

A good performance for our mens teams' in HRRL 2021/22 season, which consisted of 10 races rather than the usual 12.

Final Team Results

The A Team finished 6th out of 10 in A Division 1 (we had a complete A team for 9 races)

The B Team finished 10th out of 13 in B Division 1 (we had a complete B team for 7 races)

The C Team finished 10th out of 19 in B Division 2 (we had a complete C team for 4 races)

Final Individual Results

32 Men competed overall.

There were 9 men that competed at 6 or more races and qualified for the individual league positions:

Name	Position	Races Completed In
Julian Manning	8 th	6
Rob Wilson	27 th	9
Kev Gale	33 rd	7
Gary Armstrong	38 th	6
Michael Harrison	56 th	6
Jeffrey Streeter	96 th	7
Roger Jones	98 th	6
Gary McCawley	101 st	10
Stuart Hoare	108 th	6

Well done to Gary McCawley who was the only man to compete in all 10 races. Rob Wilson was also the only man to compete in 9 races.

There were 23 men who competed in less than 6 races:

Name	Races Completed In
Alan McVittie	3
Alasdair Skelley	1
Brian Harris	4
Chris Cornwell	3
Dan Starkey	1
Del King	1
Derek Jones	1
George Sutherland	1
Graham Clarke	1
John Rogers	1
John Aldwinckle	1
Lee Mawson	2
Lee Weeks	3
Mark Bicknell	3
Martin McKinlay	2
Martin Parfitt	1
Matthew Gair	1

Nick Bailey	1
Owen Cole	2
Paul Saunders	2
Paul Welch	4
Peter Murphy	2
Rick Toovey	1

12 Men competed in 1 race
4 Men competed in 2 races
4 Men competed in 3 races
2 Men competed in 4 races
0 Men competed in 5 races
5 Men competed in 6 races
2 Men competed in 7 races
0 Men competed in 8 races
1 Man (Rob Wilson) competed in 9 races
1 Man (Gary McCawley) competed in all 10 races

Present season – 2022/23

The start of the new HRRL season was quite slow with not many men signing up for the first few races, however this has majorly improved as the year has progressed. It's been good to see some new faces along with the regulars. The number of races has gone back up to 12 this year.

Team Results

After seven races (five more to go), latest positions:

Teams

The A team are 6th out of 10 in A Division 1

The B team are 6th out of 9 in B Division 1

The C team are 5th out of 8 in C Division

Individual

20 Men have now competed in at least one race.

Name	Current League Position
Julian Manning	33 rd
Matthew Russell	41 st
Richard Murphy	56 th
Mark Bicknell	66 th
John Aldwinckle	98 th
Kevin Gale	99 th
Gary Armstrong	113 th
Rob Wilson	116 th
Lee Weeks	120 th
Michael Harrison	148 th
Alex Blake	150 th
Rob Moore	162 nd
Paul Welch	227 th
Robert Moore	243 rd
Alan McVittie	290 th
Jeffrey Streeter	300 th

Gary McCawley	378 th
Roger Jones	386 th
Stuart Hoare	388 th
Brian Harris	464 th

2.6 XC Representative – Paul Welch

My initial focus this year was to try to improve on last season's 6th place finish and I did allow myself a little thought that a top 3 finish could be on the cards.

But, as you all know by now, it is my absolute pleasure to report that this season Denmead Striders were crowned SCCL Champions! Basingstoke finished 2nd, with Farnham in 3rd.

This year we saw the introduction of a new race hosted by Fareham RC at the Holywell estate in Swanmore, which was a great race & addition to the league, and brought the number of races back up to six.

Regarding the amount of people we had representing the club, this was also a success with the highest numbers I've seen since becoming XC rep. I think therefore it goes without saying that we fielded a full team in every race, with a great mix of newbies & experience.

Our men managed three 1st place finishes from the 6 races and were not outside of the top 3 all season. The ladies had a slightly slower start but managed two 2nd and one 3rd place finish in the last three races to cement the team win. The combined team results were also never out of the top 5 positions.

We had a total of 39 men (up from 22) and 18 women (up from 12) competing in at least one race this season. A massive 24 of these completed four or more races, which scores them bonus striders points.

We also had 9 runners complete all six races (Brian Harris, Gary Armstrong, Gary McCawley, Julian Manning, Paul Welch, Stuart Hoare & Tony Laurenson for the men. Plus, Lisa-Marie Peckover & Clare Welch for the ladies), so thank you to them for their commitment.

This just shows what a great core the team has and with 19 different scorers what a strong team we are too. I genuinely believe that the strength in depth that we have shown all season is a major factor to this success.

Finally, I'd like to thank everyone for turning up to support the club at these races, from results collators to volunteer marshals and obviously every single one of you that ran for the club to help us achieve our best XC result for 20 years!

Here's to next year.

2.7 Coaching – Gary McCawley

The coaching team should feel proud of their achievements this year as club members took part in the HRRL, SCCL and non-league events throughout the summer and winter. There have been some tremendous achievements from our members both as individuals and as part of the Denmead Striders Team.

It has been encouraging to see new members join the club and embrace the schedule, hopefully it has given them the confidence to push themselves further as they achieve their running goals.

I am also happy to see to see the winter schedule is improving everyone's running particularly the newer members. This is shown in the winter time trial results with an improvement of 5% - 17% across the board, impressive over the 5K distance. This is also reflected in local parkrun results with numerous PB's and breaking through milestone time barriers. Along with myself, I am sure all members are motivated to carry this forward into the summer.

The summer schedule is now complete and has been published on the club website. The schedule will contain the usual mix of intervals, sustained runs, hill work and the Handicap Run Series. There will be some small changes to the Wednesday hill session and the schedule will no longer include the PJC Summer Cross Country.

The club currently has 9 EA qualified coaches and there are currently no plans to increase this. The coaching team will also renew their first aid training over the coming months. 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 would also to give thanks to the volunteers who help out during the winter time trials and the summer handicap.

The coaching team all volunteered for the role to give something back to the club and to allow us all to train in a structured manner within a safe and fun environment. Can I politely ask members to respect this when coaches are explaining the session or providing key information.

I wish all the members a happy and injury free year of running in 2023/24.

2.8 Denmead 10k – Nick Griffiths

No major updates. Nick suggested it may be a good idea to have people 'shadowing' the Denmead 10k committee if they are considering taking on the new roles as some members step down.

3. Affiliation to the HRRL and SCCL for 2023/24

The Club Chairman put forward a proposal that the club remained in the HRRL and the Southern Counties Cross Country League for 2023/24 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;

Members Representative – Simon Toms

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	Steve Trevenna

With no further changes the above officers were appointed.

5. Health and Safety

See Vice Chairman report.

6. Website Update – Grahame Clarke

The website has been generally ticking over throughout the year without any major problems. A slight irritant has been the purchase of our previous domain, denmeadstriders.co.uk, by some individual who, for reasons best known to him/her self has produced a fictitious site purporting to be Denmead Striders' but contains completely false information. This is being investigated in slower time.

I would like to thank Clare for providing club news and race results in a timely fashion, Gary for providing updates for his training schedules throughout the year and Peter Maisey and others for providing photographs of races and other events.

I hope that everyone finds the website a useful source of club information which is relatively easy to use. Apart from adding the facility for people to apply for membership online I have made little changes over the year but I always welcome suggestions for improvements and additional facilities. I am not a website designer by trade but if I don't immediately know how to incorporate a feature I will find out how to do it! The site uses Wordpress as its Content Management System which is extremely versatile and, of course, contributions of articles, photographs etc. will always be gratefully received.

7. Club Newsletter – Dawn Banting

Firstly, I would like to thank the committee for such a warm welcome and for all the cups of coffee at the meetings.

It was decided to make the Newsletter quarterly, so opted for Spring, Summer, Autumn & Winter editions. The first of the new editions went out in Summer 2022 and we are coming up to our Spring 2023 edition which will be sent out once the Prize Giving has taken place.

It's been a good year and there has been some great stories provided. A special thanks to Natalie who has offered to provide a physio piece for each newsletter.

We will continue with quarterly newsletters and a request to club members for their stories and photos,

Any suggestions or ideas for stories, features etc will be gratefully received.

Thanks to all of the committee for their support and fir the contributors.

8. A.O.B.

None

9. Chairman's Closing Remarks.

As we continue into 2023 off the high of our victory success, I hope we can keep that buzz going and continue to be the awesome little village club that we have proven to be.

Again, more social events will be planned, we have yet another Denmead 10k to look forward to and are not far away from getting back in those Denmead Lanes enjoying more challenging training sessions.

As always thank to the committee for all their support & guidance and thank you to all our club members that make Denmead Striders the best place to be.

DENMEAD STRIDERS RUNNING CLUB**Income & Expenditure****01 January 2022****to 31 December 2022****2021**

	£	£	£
Balance held, 1st January 2022			
Balance at Bank		3,621.12	3,750.51
Cash in hand		267.58	411.58
		<u>3,888.70</u>	<u>4,162.09</u>
Income			
Subscriptions (current year)	3,328.00		2,393.00
Subscriptions (for next year)	672.00		218.00
Easy Fundraising	-		-
Bank interest	1.49		0.26
Other	21.34		-
	<u>4,022.83</u>		<u>2,611.26</u>
Running costs of the club			
Affiliations & memberships	2,723.00		2,335.00
Coaching course	40.00		10.00
Equipment, etc.	-		8.00
Stationery & other costs	-		6.20
Website/Domain	237.41		-
Awards night costs	784.96		-
Virtual league prize	40.00		-
Xmas party & social events	295.15		385.19
Gift Charlie Burton	-		19.98
Flowers	-		41.00
Ryde Road Race transport	229.60		-
Bank charges	55.17		-
Other costs	-		-
	<u>4,405.29</u>		<u>2,805.37</u>
Club running deficit in the year		<u>(382.46)</u>	<u>(194.11)</u>
Denmead 10K, surplus / (Deficit)		397.07	(79.28)
NET CASH FLOW - Surplus / (Deficit)		<u>14.61</u>	<u>(273.39)</u>
Balance of the Club, 31 December 2022		<u><u>3,903.31</u></u>	<u><u>3,888.70</u></u>
Represented by:		£	£
Balance at Bank - current account		3,799.41	1,611.47
Balance at Bank - deposit account		(0.00)	2,009.65
Cash in Hand		103.90	267.58
		<u><u>3,903.31</u></u>	<u><u>3,888.70</u></u>