

Denmead Striders Running Club

Committee Meeting

Date: 11th May 2023

Location: Elizabeth Road, Waterloooville

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

1. Committee Meeting.

1.1 Club Chairman

Clare Welch reported;

Firstly, welcome to our newest addition to the committee Steve, I look forward to having another dynamic to the team.

We are now nicely into the summer sessions, and it is great to see the striders in the daylight and I would like to say the sun but we have had a bit of a sketchy start weather wise – fingers crossed sunnier climates are on the horizon

We have just seen what I felt was a successful awards evening and possibly one of the better turnouts we have had for a few years. I would like to think we covered the depth of the club and recognised as many members as we could but as always, I welcome any feedback.

Obviously, we are off the back of an amazing cross-country win so the club seems very buoyant at the moment and the amount of new members that I am struggling to keep up with tells me we are on for another great year.

Following on from my “Thoughts/plans from me for 2023” Updates are as follows:

“New Members Pack” have started working on this and would welcome feedback on what we need to include.

Social events – now the awards night is complete I will look at the next thing we can do. I am led to believe with Lee Weeks looking to move away the curry nights may have a new person organising too.

Date for the Xmas do is 1st December – plan is to not have a DJ this year and see if we can do something ourselves.

Clothing online is still in the pipeline and am hoping to have something online in the next 3-4 months.

Club kit – never got a lot of feedback from members unfortunately so am going to leave this for the moment.

As always welcome any improvements and other ideas.

1.2 Vice Chairman

Del King had nothing to report.

1.3 Club Secretary

Lisa Peckover had nothing major to report. Any updates are within Matters Arising.

Matters Arising from 12th January 2023 meeting:

Welfare Officer – Paul Welch has now completed the course and has been added to the EA portal as our welfare officer. He will be looking into a Health & Safety Policy. **ACTION PW**

Club Documents – Health and Safety Policy only thing outstanding. Paul Welch will now be looking into this.

Food Bank Run – Food Bank Run – Was held on 22nd February and was a major success.

First Aid – Gary McCawley has spoken with the coaches and they would prefer face to face training. Clare Welch is contacting relevant companies. **ACTION CW**

1.4 Club Treasurer

Stuart Hoare reported;

Nothing major to report. Accounts are attached.

1.5 Membership Secretary

Julia Revill reported;

We have 149 members. At this point we would be just short of enough members short to qualify for two London Marathon club places.

1.6 Club Captains:

Ladies: Christina Ball reported:

Since the AGM only one race - Salisbury 10 mile - 12 ladies

Ladies A

6 out of 9 scoring teams

Ladies B

5 out of 7 scoring teams

Overall standings going into the last 3 races

Ladies A - Division 1

6th out of 10

Ladies B - Division 1

7th out of 10

Next race of the season

14th of May Alton 10 - 9 ladies - 2 full teams

Dawn banting

Kayleigh Gyles

Bekki Leaves

Samantha Morris

Jenny Parks

Lisa-Marie Peckover

Bridie Rowlands

Nicky thomas

Clare Welch

Caroline Whiting

21st of May - Neltley 10k - 8 ladies - 2 full teams

Kimberley Churchill - debut to the HRRL

Kayleigh Gyles

Racheal Harrison

Jenny Parks

Lisa- Marie P

Linda Taylor

Nicky T

Marie Wiles

18th of June - Alresford 10 - no start list available

2nd July - Lordshill 10k - no start list available

Nothing else to report - strong members coming through pushing the top stops, and more mass reliable numbers.

Thinking of making the Lordshill 10 the end of season party - picnic in the park after? Some snacks and refreshments.

Men: Gary Armstrong reported;

30 Men have now competed in at least one race.

12 Men have completed enough races (7) to qualify for the individual league:

Julian Manning, Mark Bicknell, Kev Gale, Gary Armstrong, Rob Wilson, Michael Harrison, Paul Welch, Alan Mcvittie, Jeffrey Streeter, Gary McCawley, Stuart Hoare and Brian Harris

Latest Races:

Seventh HRRL Race – Ryde 10 Mile

13 Men competed, which gave us 3 full teams.

The A Team came 4/10, The B Team 2/10 and The C Team 2/20

Eight HRRL Race – Salisbury 10 Mile

13 Men competed, which gave us 3 full teams.

The A Team came 6/10, The B Team 5/9 and The C Team 6/8

After seven races, latest positions:

Teams

The A team are 6th out of 10 in A Division 1 (unmoved from last update)

The B team are 6th out of 9 in B Division 1 (This is up 4 from the last update)

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

2022-23 League Races - Upcoming

Alton 10 Miles – 14th May 2023

Netley 10k – 21st May 2023 (Entries open – currently 12 men entered)

Alresford 10k – 18th June 2023 (Entries open)

Lordshill 10k – 2nd July 2023 (Entries open)

1.7 X-Country Representative.

Paul Welch had nothing to report.

1.8 Striders League.

Graham Clarke reported;

STRIDERS' LEAGUE

With just four HRRL races remaining at Alton, Netley, Alresford and Lordshill, the Striders' League competition for 2022-23 is drawing to a close.

There was a superb participation in all six of the Southern Cross Country League races. 56 Striders competed in at least one race of whom 7 gained the maximum of 40 league points, 7 dropped just one race while 29 were awarded bonus points by completing at least 4 races. Of course, the award of such a high number of points by individuals reflects the well-deserved success of the Striders in winning the SCCL championship this year!!

As far as the HRRL races are concerned, 58 Striders have competed of whom, to date, 10 have earned bonus points by completing at least half of the races. In the three additional League races, Striders' participation was as follows:

London/Southampton - 13

Bramley - 1

Winchester - 1

The reason for the low numbers at Bramley and Winchester may be the relatively high entry fee for both races and the travelling distance in the case of Bramley. (The latter used to be a very popular event as good preparation for the London Marathon!). In view of the low popularity of these two events, we/I will need to review the additional (if any) races to include in next season's League programme. The original reason for including these additional events was to provide a bit more variety for members over and above the 12 HRRL races which vary very little from one season to the next.

The Southampton Marathon/Half Marathon was chosen as an alternative for those members who were not able to secure a place in London and originally took place on the same day but even that idea seems to have "gone overboard" this year, Southampton occurring a fortnight before London.

Now looking at the results, the current state of the leader boards are as follows.

Ladies

5th Hannah Curtis	52.0 pts.
4th Nikki Thomas	64.5 pts.
3rd Clare Welch	71.4 pts.
2nd Jenny Parks	83.0 pts.
1st Lisa-Marie Peckover	98.6 pts.

Men

5th Julian Manning	81.5 pts.
4th Brian Harris	92.6 pts.
3rd Mark Bicknell	95.1 pts.
2nd Gary Armstrong	105.7 pts.
1st Rob Wilson	105.8 pts.

In the men's competition Rob and Gary are literally "neck and neck" with just 0.1 points separating them. Bearing in mind the accuracy of the calculation of Age Related Grading, I would call this a dead heat if this was the final league result. However, there are still four races to go, Julian hasn't been awarded any bonus points yet so the results from the remaining races should make interesting viewing!

1.9 Social.

Christmas Party – Clare Welch has booked the RNA Club for the 1st December 2023.

Social events – now the awards night is complete Clare will look at the next thing we can do.

Curry Nights - Lee Weeks is looking to move away. Steve Trevenna has kindly agreed to take over.

2.0 Coaching

Gary McCawley reported;

Following the first 'hills and flats' session Gary will be adjusting this session, possibly splitting the group as large numbers made the session crowded.

Members are again chatting when the coaches are explaining the session. Another reminder to go out to please remain quiet whilst the coach explains the session.

ACTION CW

3.0 Members Representatives.

Samantha Morris had nothing to report.

Steve Trevenna had nothing to report. He had a suggestion that can be found within AOB.

4.0 Denmead 10k Committee.

In Nick Griffiths absence Paul Welch reported:

The 10k committee will be looking for more volunteers become committee members as several existing members wish to step down. Clare Welch to send out an email. **ACTION CW**

5.0 Newsletter

Dawn Banting confirmed she continues to get newsletter content from Natalie regarding physio. All contributions are welcome.

6.0 A.O.B.

6.1 – Results (Raised by Clare Welch) – Clare no longer wishes to compile the results each week and will be looking for a replacement. Email/facebook post to go out, mention at training. **ACTION CW**

6.2 – Word Record Attempt (Raised by Steve Trevanna) Steve suggested a social event for the club with members and families running laps of St Georges field or Scout field to cover the distance between John OGroats and Lands End in fastest possible time.

Combine with a BBQ / picnic. Benefits of socially engaging our families and kids, publicity etc. Timing Autumn 23 or Spring 24.

The committee discussed this and thought it was a good idea. Steve is going to get more ideas/details together. **ACTION ST**

Next Meeting:

14th September 2023

Denmead Striders

Income & Expenditure Summary, 1st January 2022 to

10 May 2023

	£	£
Subscriptions, received		2,941.00
Less Paid to England Athletics		<u>(2,413.00)</u>
		528.00
Other Income:		
Easy fundraising	-	
Interest received	5.30	
Grant: First Aid Training	-	
Others	-	
		<u>5.30</u>
NET INCOME AVAILABLE TO CLUB		<u>533.30</u>
Less Expenditure		
Affiliations	-	
Summer X Country	<i>Tent</i> 49.99	
Sundry expenses	10.00	
Transport for Ryde Road Race	208.80	
Other Costs		
Awards night,	<i>Awards night + Hall deposit</i> 792.23	
Coaching courses	-	
Other Costs	-	
	<u>1,061.02</u>	
		1,061.02
Club operating Surplus / (Deficit)		<u>(527.72)</u>
Denmead 10K (to date)	<i>Cash Surplus/(deficit)</i>	278.59
	<i>Net Surplus / (Deficit)</i>	<u>(249.13)</u>

Balance at	01 January 2022	3,903.31
Balance at	10 May 2023	
	<i>Current Account</i>	1,602.88
	<i>Deposit Account</i>	2,005.30
	<i>Cash held</i>	46.00
		<u>3,654.18</u>