

Denmead Striders Running Club

Committee Meeting

Date: 14th September 2023

Location: Elizabeth Road, Waterloooville

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

1. Committee Meeting.

1.1 Club Chairman

Clare Welch reported;

As we say goodbye to the summer season it seems like there are quite a few goodbyes on the horizon.

Unfortunately, our club captains Chrise & Gary have decided to step down to make way for some new blood and we also say goodbye to Del in his role as Vice Chairman. I would like to say thank you for all their contributions over the past few years. It has been challenging and somewhat different navigating through the pandemic, so I appreciate all the support and input they have given.

I am happy that we have two potential candidates to take on the roles of club captains and if we are all in agreement they can start taking on the roles with the guidance of their predecessors. Unfortunately, no one currently wants to be my wingman/women and I will say that as we move into the end of the year and beginning of next I am keen to start handing over the reigns to some new blood but will not do this until we are happy with suitable replacements. I believe getting Vice Chairman on board with the view to take over is the right approach and would appreciate the committees help with finding the right candidate (for discussion in AOB)

Once again thank you to Gary for putting together the winter schedule – it appears it is already going to be a challenge with a food van setting up camp on a Wednesday but I have no doubt between him and the coaches they will come up with suitable contingencies.

Also thank you to the 10k committee for working on the upcoming Denmead 10 and working together with potential new members of the team. We seem to be ticking along nicely with entries coming in and look forward to seeing what the final numbers are closer to the day. As always these things should be reviewed so after the race I propose that a cross section of each committee have a “wash up meeting” and decide whether this is something we want to continue to put on in 2025.

I have now relinquished my role doing the race results and thank you to Rachael for taking over – she is doing a great job keeping these up to date.

I have put together a New Members Pack which Gary & Paul have kindly had a look over. Unless there are any further comments I will circulate this round to the members, get it on the website and pin on facebook as well.

Clothing online is still in the pipeline, we are still in development stages and anticipate end of the year. Plan will be hoodies, after race tops, beanie hats, buffs.

1.2 Vice Chairman

Del King had nothing to report.

1.3 Club Secretary

Lisa Peckover reported;

The London Marathon have reviewed their club entries and have reduced the number of entries they will give to clubs. This means we now need 40+ members for one place and 190+ members for two places. I will be sending out an email and facebook post to members confirming the requirements for our club place draw. **ACTION LP**

The HRRL league website links to the wrong web address for the club. This will need to be updates. **ACTION LP**

DSB Approval for Martin Shaw was completed.

Matters Arising from 11th May 2023 meeting:

Club Documents – Health and Safety Policy only thing outstanding. Paul Welch still needs to look into this. **ACTION PW**

First Aid – Gary McCawley has spoken with the coaches and they would prefer face to face training. Clare Welch contacting relevant companies. The cost of the face to face training was around £5,000 for one day. It was decided Gary McCawley will look into other options. **ACTION GM**

Denmead 10k Committee – Clare Welch was going to send an email out appealing for volunteers. A few people have come forward for various roles, but no one yet for race director.

Results – Clare Welch stepping down. Rachael Harrison has now taken over race results.

World Record Attempt – Steve Trevenna is still developing ideas. **ACTION ST**

1.4 Club Treasurer

Stuart Hoare reported:

The club has funds of around £4,000 of which £1,200 of those funds relate to the current races fees for the Denmead 10k, which are allocated to cover the expenditure leaving a balance of clubs funds available at £2,800.

We have paid up the fee for Southern Cross Country recently, of £100 (last year £75).

For the Denmead 10k we have paid a few expenses but the majority of those will fall due at the time of the race.

One cost that has been paid continually is the Google Facebook marketing, currently total value of £164.

Accounts are attached.

1.5 Membership Secretary

Julia Revill reported;

We have 161 members at present.

1.6 Club Captains:

Ladies: Christina Ball reported:

My Last update to the committee as Ladies club captain. A sad day but I am excited to let it go to someone who will really take it and run with it, giving the role & the club everything it requires.

It's been a solid and fun year as ladies club captain and I am grateful to all the committee for hearing my waffling every couple of months and supporting me with all of your knowledge and good humour, you are such a wonderful group of people. A special mention to Gary (and Lisa) my counterpart who provides actual facts every update and has been a fountain of knowledge, thank you for letting me get on with being my loud sassy self at announcements.

It has been amazing to watch lots of new names smash it throughout the ladies team, as well as the existing legends continuing to perform and have a really successful season.

A bit low on stats this one, but a brief and final.

Since last update in May:

Races completed- 4

Alton, Netley, Alresford, Lordshill

Full league update;

After 12 races from September 2022 - 2023

Overall rankings

Ladies A

5th out of 10 scoring teams - no change from 2021-2022

Ladies B

4th out of 10 scoring teams - up from 8th in 2021 -2022

We had an outstanding showing in the top individual ladies standings;

6 ladies ranked

14th Nicola Thomas

23rd Lisa-Marie Peckover

37th Dawn Banting

43rd Jenny Parks

45th Rachael Harrison - this may be a first showing for rachael

60th Clare Welch

My final words - there is no such thing as not fast enough, it's just one foot in front of the other.

My candidate for replacement is Samantha Morris. The committee all agreed.

Men: Gary Armstrong reported;

The 2022/23 season has now finished, and we had 44 Men in total compete in at least one race.

Of those 44, 10 Men completed enough races (7) to qualify for the individual league:

Name	Position
Julian Manning	14th
Mark Bicknell	17th

Rob Wilson	28th
Michael Harrison	33rd
Andrew Meredith	36th
Gary Armstrong	50th
Paul Welch	74th
Jeffrey Streeter	99th
Gary McCawley	118th
Brian Harris	133rd

After all twelve races, final positions:

Teams

The A team finished 6th out of 10 in A Division 1 (The same as last year)

The B team finished 5th out of 9 in B Division 1 (Up from last year)

The C team finished 4th out of 8 in C Division (Up from last year)

Latest Races:

Ninth HRRL Race – Alton 10 Mile

15 Men competed, which gave us 3 full teams.

The A Team came 5/10, The B Team 1/10 and The C Team 1/10

Tenth HRRL Race – Netley 10k

Enough Men competed to give us 3 full teams.

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

Eleventh HRRL Race – Alresford 10k

13 Men competed, which gave us 3 full teams.

The A Team came 8/10, The B Team 4/9 and The C Team 5/8

Twelfth HRRL Race – Lordshill 10k

Enough Men competed to give us 3 full teams.

The A Team came 4/10, The B Team 3/9 and The C Team 1/8

2023/24 Season

The 2023/24 has now started and we had a great turn out for the first race despite it being a 2pm start.

First HRRL Race – Overton 5 Mile

16 Men competed, which gave us 3 full teams.

The A Team came 4/10, The B Team 4/10 and The C Team 4/9

2023-24 League Races - Upcoming

Solent Half Marathon – 1st October 2023 (Entries open – currently 11 men entered)
New Forest 10 Mile – 29th October 2023 (Entries open – currently 10 men entered)
Hayling 10 Mile – 5th November 2023 (Entries open)
Gosport Half Marathon – 19th November 2023 (Entries open – currently 10 men entered)
Victory 5 Mile – 3rd December 2023 (Entries open)
Stubbington 10k – 7th January 2024 (Entries open – currently 29 men entered)
Ryde 10 Mile – 4th February 2024
Salisbury 10 Mile – 17th March 2024
Alton 10 Mile – TBC
Netley 10k – TBC
Alresford 10k – TBC
Lordshill 10k – 7th July 2024

As you know, I have chosen to step down as Men's Captain. After opening the position up there was a little interest and Mark Bicknell has put himself forward to take over the role. The committee all agreed.

1.7 X-Country Representative.

Paul Welch reported;

2023 / 24 season provisional race schedule

We heard from the clubs who organised races last season, leaving the current provisional list of races as:

1. Benyon's Enclosure – Inglefield Estate (near Silchester) – 29th October 2023. Clashes with new forest 10 mile.
2. The Bourne Woods – Likely to be 19th or 26th November 2023. I have requested that this doesn't clash with Gosport half on the 19th.
3. Lord Wandsworth College – 17th December 2023. Clashes with local coastal races.
4. Chawton House – 21st January 2024.
5. Alice Holt – Feb 2024. TBC (all clubs are requested to supply volunteers for this event)
6. Holywell Estate – 3rd March 2024.

EA requirements

We have had to register the SCCL as a 'competition provider' with the EA.

While organising the first race, Basingstoke have reported that the EA has asked us to do the following: We need to tell them after each race how many (if any) of the runners were not from an EA affiliated club. Based on that feedback, there is a £2 fee to be paid (post-race) for each runner that competed that is not affiliated.

This appears to pay for the 3rd party race insurance cover, as anyone who has already paid an affiliation fee through their club is covered for insurance on race day due to the organising club having a race license.

As we are affiliated it should not affect us, but if any athletes participate who have not yet paid affiliation fees to EA we will have to pass on the payment for the £2 affiliation levy.

SCCL finance update

The League currently has funds of around£400, with the following projected income and expenditure:

Income:

Affiliation fees: £75 per club = £1,800

Expenditure:

First aid provision: £1,050

Portable toilet facilities: £1,320

England Athletics "Competition Provider" licence: £150 (required for all umbrella organisations under which clubs organise races)
Website hosting fees: £100

The race organisers confirmed that some venues would need additional portable toilet facilities:
Folly Farm (requires 6 toilets plus urinals)
Chawton House (require loos)
The Bourne Woods (if we use a new site)
Holywell Estate (if we don't get sponsorship)

Based on the projections we would have a shortfall of £400 in the League bank account by the end of the season.

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 2023 / 24 season. A number of club reps expressed their comfort with paying a higher affiliation fee.

A vote was held on the proposal to increase the fee to £100:

Vote: Should we increase affiliation fees to £100 per club.
Outcome: yes, we should increase.

It was also noted that, should we be able to save money at both The Bourne Woods and Holywell Estate, there would be some reduction in the costs above.

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 the restrictions that they face, where for example Hart Road Runners can't set-up the day before while Basingstoke & Mid Hants can (but need a course check in the morning), partly also due to sunrise times for mid-winter races. On the other hand, some of the venues such as Alice Holt get busier with other venue users later, so starting earlier would help to clear the routes more quickly.

A vote was held:

Vote: Should we allow clubs to have flexibility of start time?

Outcome: Yes, we will allow clubs to start races at 10am, 10:30am or 11am, as long as there is clarity in the race instructions.

1.8 Striders League.

Graham Clarke reported;

STRIDERS' LEAGUE

Winners of the 2022-23 Season

Let me start by announcing, somewhat belatedly, the League winners for last season!

Ladies

1st Lisa-Marie Peckover	132.5 pts.
2nd Jenny Parks	119.1 pts.
3rd Nicola Thomas	93.9 pts.
4th Clare Welch	93.5 pts.
5th Hannah Curtis	63.6 pts.

Men

1st Rob Wilson	139.8 pts.
2nd Gary Armstrong	137.1 pts.
3rd Mark Bicknell	131.7 pts.
4th Brian Harris	117.2pts.
5th Paul Welch	114.1 pts.

League Status for 2023-24 Season

The inaugural event of the Striders' League competition for the new season started with the Overton 5m on 3rd September. I have published the scoresheets and updated the rules for this season on the website making the following assumptions:

1. We still wish to have a competition this year!
2. The events qualifying for acquisition of League points will be:
 - All 13 of the HRRL races
 - All 6 of the SCCL races.
3. Since the number of HRRL events has increased to 13 this year, unless anyone has any objections I am proposing that we do NOT include additional non-HRRL races in the league this year. Last year, two of the additional races (Bramley 10/20 and Winchester 10k) only attracted a total of 3 Striders' entrants. Southampton Half and Full Marathons attracted more (9) but now takes place on a different day to London losing the spirit as an alternative to those who were not fortunate enough to gain a London Marathon place. Views please!
4. In view of above remarks, the best 10 out of the 13 road race scores will count.

The first race at Overton saw a whopping 22 Striders taking part – a big improvement over last year (7). Very high standards were achieved, Age Related Grades of over 80% being earned by Julian Manning and Mark Bicknell and in the region of 70-75 % by Caroline Whiting, Michael Harrison, Andrew Meredith and Rob Wilson.

The leader board to date is:

Ladies

1st Caroline Whiting
2nd Dawn Banting
3rd Bekki Leaves
4th Lisa-Marie Peckover
5th Anita Crawley

Men

1st Julian Manning
2nd Mark Bicknell
3rd Michael Harrison
4th Andrew Meredith
5th Rob Wilson

Graham has expressed that he would like someone to take over the Striders League in the near future.

1.9 Social.

To date just the Christmas Party is in the pipeline, if Clare has the capacity to think about/organise she will look at another skittles night.

2.0 Coaching

Gary McCawley reported:

Gary has had good feedback from the first initial winter training sessions.

Training venues will need to be looked into again. There is now a food truck within Berewood on a Wednesday night that will be difficult for us to pass. The coaches will need to consider smaller out and backs.

A discussion was had regarding possible other training venues. Aston Road was considered unpopular due to the road being uneven among other reasons. We will look to try out the old Post Office route with the possibility of some 'cautious runners' signs. **ACTION GM**

3.0 Members Representatives.

Samantha Morris had nothing to report. She will be stepping down as members rep as she will be taking over the ladies captain role. Kimberely Churchill was put forward as new members rep, and it was all agreed by the committee.

Steve Trevenna raised the issue of Health & Safety situations, we are to assess any situation if they happen, for example the need to call an ambulance. The possibility of a sweeper runner/walker for handicap sessions was considered a good idea. A few committee members confirmed they would be happy to do this.

4.0 Denmead 10k Committee.

In Nick Griffiths absence Paul Welch reported:

The 10k committee are still looking for more volunteers to become committee members as several existing members wish to step down. Gavin Roberts will be taking over from Harry with Jeffrey Streeter assisting. Andrew Meredith is interested in taking over Rick's role. No one has come forward yet for race director.

There are roughly 125 entries so far.

5.0 Newsletter

Dawn Banting reported:

The newsletter is working well on a quarterly basis. Natalie is happy to continue providing regular physio updates for each newsletter. Club members have been happy to share stories and in the next newsletter a thank you and farewell to club captains and vice chair and welcome to new captains. Request for any stories or club members who might be willing to share their stories.

6.0 A.O.B.

6.1 – Club Championship 10k (Raised by Lisa Peckover) – Will this be Lordshill or Alreford this year. A discussion was held and a decision made in favour of Loredshill.

6.2 – Club Committee Future Roles (Raised by Clare Welch) – No one has come forward yet for the Vice Captain role.

6.3 - Club Kit (Raised by Clare Welch) – I have investigated various avenues and alternative kit with similar design as ours comes up with the same material that members have fed back they are not keen on. Unfortunately to date I cannot seem to find generic "green/red" vests that we may be able to use. I have a couple of other avenues to explore but then my next thought is to contact our current supplier and see if they have any suggestions on the fit/material and take it from there. **ACTION CW**

Next Meeting:

11th January 2023

DENMEAD STRIDERS RUNNING CLUB**Income & Expenditure****For the period****01 January 2023
to 25 September 2023**

		Year Dec 22		Year Dec 22
	£	£	£	£
Balance 1st January 2022	3,903.31	3,888.70		
INCOME			EXPENDITURE	
Subs (current) £28	3,371.00	3,328.00	Affiliations	
Subs (next year) £28	-	672.00	England Athletics (subs)	2,552.00
			E.A. Club Membership	150.00
			Hampshire AA	-
			SEAA	-
Interest received	11.41	1.49	Hants Road Race League	125.00
			SCCL	100.00
			Other	-
Sundries:			Sundries:	
Easy fundraising	-	-	Website/Domain	-
10k race fee in advance	-	21.34	Stationery, inks, etc.	10.00
Extra Subs rec'd	-	-	Virtual league prize	-
Other Income	-	-	Gift Charlie Burton	-
Other Income	-	-	Pop up Tent	49.99
			First aid kit	-
			Bank charges	-
			Other	-
Other	-	-	Events:	
			Awards Night	792.23
Social Events	-	211.09	Ryde 10 transport	208.80
Xmas Raffle	-	-	Xmas Party & social	-
			Others:	
			Coaching Courses	10.00
Club Income	3,382.41	4,233.92	Club running costs	3,998.02
Events:				
Denmead 10K	2,075.80	2,811.06	Denmead 10K	851.54
	5,458.21	7,044.98		4,849.56
				7,030.37

Summary.....

Club funds balance, at start of period	01 January 2023	3,903.31
Surplus / (Deficit) on club running costs		<u>(615.61)</u>
Denmead 10k surplus (to date)		3,287.70
		1,224.26
Club funds held	25 September 2023	<u>4,511.96</u>