

Denmead Striders Running Club

Committee Meeting

Date: 11th January 2024

Location: Elizabeth Road, Waterlooville

Present	Apologies
Clare Welch	Bekki Leaves
Lisa Peckover	
Julia Revill	
Mark Bicknell	
Paul Welch	
Gary McCawley	
Kimberley Churchill	
Samantha Morris	
Dawn Banting	
Stuart Hoare	
Steve Trevenna	

1. Committee Meeting.

1.1 Club Chairman

Clare Welch reported;

Happy New Year and welcome to 2024

Firstly welcome to the new team. Club Captains Mark & Sam along with Kimberley joining Steve as members rep.

We also welcome Bekki Leaves as the new race director for the Denmead 10k who again has a few changes in her team.

I am looking forward to some fresh perspective and ideas as the year goes on.

We still have no take up for a Vice Chairman so will continue to put the feelers out throughout the year. For now I will be leaning on Mr Welch as a temporary wingman to help with the upcoming Awards evening and will look to all the committee to help with anything as and when it arises.

Something I know you have always done anyway in my tenure. For the time being I am happy to stay in position as Chairman especially with the slight shift around but would never be offended if people think it is time for a change of the guard as it were. Although if we are struggling for a Vice not sure who is going to volunteer for that!

Thank you as always to Gary and his band of merry men for continuing to put on great coaching sessions for the members even with the last-minute challenges that arise, they seem to always come up with contingencies.

I won't steal the captains thunder as I know reports will follow but it already looks like it is going to be an exciting season for the HRRL as well as the Cross Country league. My only slight comment is whilst we are buoyant and benefitting from the "quicker" runners amongst us is that we don't purely concentrate on that when encouraging people to take part. One of the things I have always loved about the club and has always been our ethos is our inclusivity and making it a whole team effort so please bear this in mind when communicating with the members.

The new members pack is now available on Facebook and Graham needs to add to the website. I need to get into the habit of bringing this along to training as well. I also would like to develop this more as the year goes on.

The Denmead 10k has now taken place and was in my opinion a real success with a profit being made this year. Therefore the consensus (unless any objections of course) is to hold the race again in 2024. There are some exciting ideas for this years race which will be detailed in the Race Director report.

1.2 Vice Chairman

Nothing to report.

1.3 Club Secretary

Lisa Peckover reported;

London Marathon – We were given one place and a draw was held in December 2023.

Coaches need to sign new T&C's on their online EA portals. Gary McCawley confirmed all coaches would have been notified of this.

EA Fees for 2024/25 have gone up from £150 to £200 for clubs and £17 to £19 for individuals. Effective from 1st April 2024. After a discussion it was decided the club would raise their membership annual fee to £30. Members have been notified.

Matters Arising from 14th September 2023 meeting:

Club Standard Documents – Health & Safety Policy is the only thing outstanding. Paul Welch was going to look into. This is still outstanding, and Clare Welch has asked Lisa Peckover to send over the Health & Safety template. **ACTION LP & CW**

First Aid – Gary McCawley was looking into different options. Kimberely Churchill has found someone who could do our First Aid training in person. Gary McCawley needs to obtain dates from coaches to liaise with Kimberely. **ACTION GM & KC**

Alternative Training Venues – Gary McCawley was looking into. The new venue for one of the hill training sessions was a success.

Club Kit (Vests and T-shirts) – Clare Welch looking into alternative kit. We have kit left with our previous supplier so we will leave this for now and review at a later date. Possibly purchase a few sizes for spares.

Clothing - Online still in the pipeline. Clare Welch to keep checking. **ACTION CW**

World Record Attempt – Steve Trevenna was going to get together ideas/details. Steve has put together a summary which is attached. He will look to organise this for Spring/Summer. **ACTION ST**

London Marathon Club Places – Lisa Peckover to send out email with details. The draw was held in December.

1.4 Club Treasurer

Stuart Hoare reported;

As we have entered a new year I have commenced to review the income and expenditure for the past year.

In summary

The club has received membership subscriptions of £3,731 of which £2,637 is paid to England Athletics to register the members.

Other small income such as interest on savings £11

The club has spent various costs during the year such as:

affiliations to the leagues & England Athletics of £375,

Ryde road race transport £209

Awards night £792

Xmas Party £202

And other sundry costs

In total the club has overall spent in total £1,860 being an overspend by £(737)

Part of the overspent was covered by the surplus generated by the Denmead 10k of £604 in the year

The club has reserves held from previous years, at December total funds held by the club was £3,770

Subscriptions – a view was taken that due to England Athletics rising the individual athletes membership fee from £17 to £19

And also increasing the affiliation fee from £150 to £200

The club considered that a modest £2 increase in the membership subscription from £28 to £30 was reasonable, incorporating any 2nd claim membership fee from £10 to £12

1.5 Membership Secretary

Julia Revill reported;

We had 166 members last year. 60 Have paid so far this year.

1.6 Club Captains:

Ladies: Sam Morris reported:

Latest races:

Overton 5mile

6 women which gave us one full team

A team = 8th

B team = 11th

Solent Half Marathon

5 women which gave us one full team

A team = 6th

B Team = 11th

Hayling 10 mile

11 women which gave us two full teams

A team = 1st

B team = 1st

Gosport Half Marathon

11 women which gave us two full teams

A Team = 1st

B Team = 4th

Victory 5 Mile

9 women which gave is two full teams

A team = 1st

B team = 4th

Teams

The A team have 667 points overall which puts us in 1st position (Division 1) – 3 up from 4th after the first 2 HRRL races

The B team have 1881 points overall which puts us in 2nd position (Division 1) – 6 up from 8th after the first 2 HRRL races.

Next races

- Ryde 10 on 4th Feb (sold out) Can't currently see how many women entered
- Salisbury 10 on 17th March (Sold Out) - 13 women entered

Notes

- Dawn Banting and Anita Crawley have currently run all 5 races (results do not include Stubbington), Jenny Parks has run 4.
- Individual League results – top 5

- Hannah Curtis (16th)
- Gemma Heggs (23rd)
- Samantha Morris (29th)
- Kayleigh Gyles (33rd)
- Rachel Muckelt (37th)

Men: Mark Bicknell reported;

After a few hiccups in the first few HRRL races due to a few Striders being stranded on the M27 due to an unfortunate accident!

And New Forest 10 being cancelled, we have had great numbers supporting the recent races.

First HRRL race - Overton 5 mile

16 men competed, which gave us 3 full teams

The A Team came 4/10

The B Team came 4/10

The C Team came 4/10

Second HRRL race - Solent Half Marathon

8 men competed, which gave us 2 full teams

The A Team came 7/10

The B Team came 8/10

Third HRRL race - New Forest 10 mile

Cancelled due to flooding

Fourth HRRL race - Hayling 10 mile

20 men competed, which gave us 3 full teams

The A Team came 2/10

The B Team came 1/10

The C Team came 1/10

Fifth HRRL race - Gosport Half Marathon

16 men competed, which gave us 3 full teams

The A Team came 4/10

The B Team came 4/10

The C Team came 6/10

Sixth HRRL race - Victory 5 mile

10 men competed, which gave us 2 full teams

The A Team came 9/10

The B Team came 7/10

Seventh HRRL race - Stubbington 10k

30 men competed, which gave us 3 full teams

No official results for A,B and C teams yet!

Stubbington showed some superb performances, with our first 12 men all under 40 minutes 👍

Current overall Team standings

The A Team are currently 6/10

The B Team are currently 4/10

The C Team are currently 4/10

This leaves us in a good position in all the leagues with 6 more races remaining.

1.7 X-Country Representative.

Paul Welch reported;

We're now 3 races into the season out of 6, and have made a steady start, we have had good attendances which means we have been able to field full teams at all three races and are performing well, we currently stand 5th in the league out of 23 teams.

Our team race results have been good and have showed good progression, the lowest team position being 8th in the first race, followed by 5th at Alice Holt, and then 2nd at the latest race at Lord Wandsworth College.

After three races we have had 29 different men represent the club and six of those have raced in all three races. Out of the 29 men we have had six different scorers, so looking strong for the remaining races.

For the ladies, we have seen 12 different runners represent the club, with just Kirsty Aked being the ever present.

Seven of the 12 ladies have scored which is showing great strength throughout the team, I'm also hopeful that we will have more attend for the next race at Chawton.

With three races left to go and only five of the six counting towards the final positions, I'm hopeful for a top three finish. Unfortunately, I think top spot may be just out of reach this season as Basingstoke have pulled out two 1st places & a 2nd place from the three races so far. But I can hope.

The next race is at Chawton House on the 21st Jan, followed by Bourne Woods on 18th Feb & the final race will again be on the Holywell Estate on 3rd March.

1.8 Striders League.

Graham Clarke reported;

Administration

Following my announcement at the last committee meeting indicating my wish to hand over the reins to someone else during the coming months, I am pleased to report that Jenny Parks has expressed an interest in taking over my role. Since October, Jenny has been exposed to the "mysteries" of the League scoring system and associated spreadsheets and is a fast learner! Jenny and I will be working together at least until the end of the HRRL running season and I will still be around to deputise and advise well after that.

Results update

With six HRRL and three SCCL races now complete we are exactly halfway through the season (the NF10 was cancelled). To date, 78 members (30 ladies, 48 men) have competed in at least one event. Two ladies and five men have completed all six road races and starting to earn themselves bonus points. The cross country participation has been equally impressive with eight men and two ladies completing all three of the SCCL races.

The overall performance standards achieved by our members continues to be most impressive. e.g. at the Stubbington 10k last Sunday, Julian Manning and Mark Bicknell earned Age Related Grades of 87% and 83% respectively, a further 8 ladies and 10 men achieved over 70% (Gemma Heggs 76%).

So, at the halfway stage, the leader board is:

Ladies

- 1st Dawn Banting 49.8 pts
- 2nd Anita Crawley 48.5 pts.
- 3rd Jenny Parks 46.4 pts.
- 4th Lisa-Marie Peckover 33.9 pts
- 5th Nicola Thomas 31.8 pts.

Men

1st Julian Manning 65.2 pts.
2nd Rob Wilson 65.1 pts.
3rd Brian Harris 64.1 pts.
4th Gary McCawley 57.8 pts
5th Mark Bicknell 50.2 pts

1.9 Social.

See AOB

2.0 Coaching

Gary McCawley reported;

Nothing major to report. Gary is pleased with all the coaches and how the sessions are going.

3.0 Members Representatives.

Kimberely Churchill had nothing to report.

Steve Trevenna gave some good feedback on the new hill session venue. He also asked if we should think about an alternative venue for this year's Christmas party. This was discussed in AOB.

4.0 Denmead 10k Committee.

In Bekki Leaves absence Clare Welch reported:

Being held a week earlier this year as lots of feedback it was too close to GSR last year and also gives us a better chance of nicer weather which makes a big difference!

Chip timing booked, Pammy and Malc booked, radios booked, car park and scout hut booked.

Road closure won't be finalised until closer to the time same for first aid cover.

I will be opening entries this weekend.

We have secured £400 sponsorship from Sam's company as well as all the water being supplied by actipwater so that will make a big difference to profitability.

Next meeting is being held beginning of Feb. Need to decide whether to allow club members to enter so would appreciate the committees views before I make a decision.

5.0 Newsletter

Dawn Banting reported;

The next newsletter will be completed for the end of January. Natalie is happy to continue providing regular physio updates for each newsletter. Dawn thought it would be a good idea for the Club Captains updates to go into the newsletter. Lisa Peckover to email over. **ACTION LP**

6.0 A.O.B.

6.1 Awards Evening and AGM – Raised by Clare Welch – The committee decided the Awards and AGM would be on 5th April this year due to various holidays that would make March hard to organise.

6.2 Potential new venue for Awards and Christmas Party – Raised by Clare Welch – Clare has suggested the Denmead Memorial Hall as an alternative venue. If the awards go well, we can look to book for the Christmas party. If not, an alternative will be looked into. **ACTION CW**

6.3 Food Bank Run – Raised by Lisa Peckover – Asked the committee if we should do this again this year. The committee all agreed, a date was arranged for 21st February. Lisa Peckover to promote. **ACTION LP**

6.4 Ryde Transport – Raised by Lisa Peckover – Asked if the club was paying for transport this year. The committee agreed. Club captains to put a post out asking who would like the transport. Stuart will more than likely book for the number that are entered. **ACTION SH**

Next Meeting:

5th April 2024 (AGM)

Denmead Striders - JohnO'Groats to Land's End Challenge

Summary:

- The traditional distance by road is usually 874 miles (1,407 km),
- The fastest run between John O'Groats and Land's End was completed by Andrew Rivett from the UK. He accomplished this feat in 9 days, 2 hours, and 26 minutes from May 4 to May 13, 2012. During his run, he covered no less than 90 miles (144.8 km) per day, and even managed 98.1 miles (157.8 km) on the sixth day¹. He ran for an average of 8 hours per day
- With 160 members and their families, it could be a great run with everyone contributing mileage/ social event with a BBQ / picnic.

Objectives:

Bring club members and their families together for a run / social event

Route:

- Scout Hut up to Cross Roads to T Junction back to Scout Hut
- For children, a coned circuit of Scout Hut field

Facilities:

- Hire of Scout Hut for kitchen / toilets or use of Kidmore Lane Carpark?

Health & Safety:

- Denmead 10k signage for road
- No need to additional St Johns medical cover, first aiders and first aid kit supported by 999
- Need to marshall's at junction?

Approach:

- Multi measured courses with average taken to ensure accuracies
- Elastic wrist bands handed to stewards at end of laps
- BBQs sourced from members, food provided by attendees
- Printed certificates for all attendees of their contribution

Proposed Dates:

- A Bank Holiday Monday during the summer

Publicity:

- Contact The News to get local coverage