

Denmead Striders Running Club
Annual General Meeting 2024
Friday 5th April, 7pm at Denmead War Memorial Hall.

Minutes

1. The Chairman – Clare Welch

Another year has passed and here we are again!

A great year for the Striders but we cannot let this go by with acknowledging the sad passing of our club president Charlie Burton. Along with some other founding members Charlie created the club we know and love today and for that we are thankful.

We have had a steady run of new members, and it has been great to see so many of them getting involved be it in the HRRL, cross country, parkruns and great run local as well as their presence at training pushing our more established members.

Whilst we didn't retain our title for Cross Country we still put in a fine effort which Paul will report on later and we have seen a changing of the guard as it were with Sam Morris and Mark Bicknell taking over as our new club captains.

I would therefore like to take the opportunity to thank their predecessors Christina Ball & Gary Armstrong for their time as captains who done a great job rallying the troops in their time on the committee.

We also saw my wingman Del King step down as Vice Chairman who was a great asset in particular helping me with the awards night and whilst I have been flying solo for the last 6 odd months I am happy to say that Kimberley Churchill has put herself forward and unless there are any strong objections then would welcome her as our new Vice. With this appointment it does mean a gap in our ladies members rep however so will need to look at someone to take on that role in future months.

We had another successful Denmead 10k which saw the club creep into a small profit. With that came a mass exodus of the committee with Nick, Rick, Harry and Mike all stepping down from their roles on the team. Luckily we have some new blood that have kindly stepped up to the challenge to enable us to run it again and we have Bekki Leaves taking over as race director along with Andrew Meredith, Gav Roberts and Jeffrey Streeter offering their services. I have been privy to the initial plans and I believe we have another great race ahead of us.

Again another thank you to the previous team for all their hard work putting on a successful race and special mention to Nick Griffiths for taking on the role as Race Director for the past few years.

I believe our channels of communication within the club is reaching as many members as we can and have some further ideas for 2024 on ensuring our newer members are well informed.

As always thank you to Gary & the coaches for allowing us to have such a varied training schedule and also for their ability to adapt the sessions with the ever-changing roadwork situation.

Whilst at the turn of 2023 my consideration was to step down as Chairman, unless anyone has a desire to step in or has had enough of me then I am more than happy to carry on in my role at the club.

I honestly would not be offended if people thought it was time for change so please never feel afraid to speak up.

1.1 & 1.2 2022 AGM minutes – Matters arising.

The minutes from the previous AGM (March 2023) 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

First Aid to be renewed – there has been some delays on this but will be revisited.

Last summer we had one incident where one of our runners fainted whilst completing the summer handicap. A review was carried out after, and the committee were satisfied that there was sufficient resource to deal with this and would like to thank all the runners that were able to assist.

There were no other incidents.

Health & Safety Policies and risk assessments are to be completed and updated on the website. This will be one of the roles that Kimberley Churchill we be taking on and have already discussed this.

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 2023.

For the past year the club received its main income through the membership subscription, totally £3,749.

The clubs operating costs are the registration fees for each member, with England Athletics, together with the affiliation fees for the various race leagues, website hosting and domain costs, along with the Social Events (Awards night and Christmas Party) and transport to Isle of Wight Ryde road race.

Over the year the club has spent £533 more that it received in.

The Denmead 10k road race was held in October 2023, this year the race attracted a greater number of entrants, which led to an increased surplus in the year of £603.

For the current 2024-year England Athletics has increased both the individual registration fee from £17 to £19, plus have also increased the annual affiliation fee from £150 to £200.

Upon a review into the finances of the club it was considered that the club could not fund these increases in costs from the current level of subscription, therefore the club committee considered an increase of membership subscription from £28 to £30 would be required.

At the end of the year December 2023 the club held funds totalling £3,974 a small increase from the prior year of funds at £3,903.

2.4 Membership Secretary – Julia Revill.

We had 166 people join up in 2023 which is the best total since before Covid.

Unfortunately, we still have been unable to gain 2 places for the London Marathon and has the number required has increased to 190 I doubt if we ever will. It seems that price rises are inevitable, but I hope it will not deter people from joining.

We have such a positive attitude in the club I really enjoy the atmosphere when we all meet for training sessions and races, a great group of like minded people.

P.S. So sorry we were unable to complete the Time trials, fingers crossed for not too much flooding on the handicap course!

2.5 Club Captains

Ladies – Samantha Morris

Thank you for giving me this opportunity to lead a bunch of amazing ladies! It's taken me a few months to find my feet, to understand how the league points system works, and although complex... if you know me well, I love a good stat so was up for the challenge!

I didn't take part in much of the 22/23 season myself, however there were some impressive achievements. There were 29 individual women who took part in one or more HRRL races, with Lisa Peckover and Jenny Parks doing 11 out of the 12. However only 5 out of the 29 completed enough races to rank in the top 70. Something I'd like to increase during my time as Club captain.

I've made a conscious effort to encourage the ladies of Denmead Striders to sign up for the races, hopefully not boring them with the rules of the league, but explaining how regardless of their times, a full team is better than nothing! (if you know the rules... then you know!)

2022/2023 season stats as follows:

Team scores

- Ladies A team finished 5th overall

- Ladies B team finished 4th overall

Both teams in the first division

Individuals in the top(top 70)

- 14 Nicola Thomas 87.4 (10 runs)
- 23 Lisa-Marie Peckover 81.1 (11 runs)
- 37 Dawn Banting 61.6 (7 runs)
- 43 Jenny Parks 55 (11 runs)
- 60 Clare Welch 29.9 (7 runs)

The current 23/24 season has had a strong start to season, with us sitting in 1st position for A team and 3rd for B team. This has given the ladies a huge boost in confidence, with more of the faster runners signing up and participating.

Standings so far with 8 out of 12 races completed.

Team scores

Ladies A team 1st out of 10

Ladies B team 3rd out of 10

Individuals

- 13th Dawn Banting 64.66 (8 runs)
- 16th Jenny Parks 56.47 (7 runs)
- 23rd Anita Crawley 35.99 (8 runs)

Although a bit biased, a shout out to #teambirds - myself, Kayleigh Gyles, Hannah Curtis and Nichola Thomas, who have on occasions made top 10 positions. Resulting in 3 x 1st women's team (also 1 x 2nd and 2 x 3rd). Also, a special mention to newcomer Rachel Muckelt, who ran an impressive 5mile time at Victory – and a PB

Upcoming races:

- Alton 10mile – 12th May 2024
- Netley 10km – 19th May 2024
- Alresford 10km – 16th June 2024
- Lordshill 10km – 7th July 2024

We have a great opportunity going as we near the end on the 23/24 season to really show the league what we're made of. We really do have some talented runners in this club which makes me proud to say who I run for!

I hope to build a mightier team, pushing towards full A and B teams for every race (something we have done so far!). Maybe so that we can look at having a C team soon (or next season!).

Men – Mark Bicknell

Past Season – 2022/23

A good performance for our mens teams' in HRRL 2022/23 season.

Final Team Results

The A Team finished 6th out of 10

The B Team finished 5th out of 9
The C Team finished 4th out of 8

Final Individual Results

In total we had 45 men who took part in at least 1 race, which is fantastic to see.

We had 11 men who ran in 7 or more of the 12 races to qualify for a league position, so congratulations to all those men.

We had 7 men in the top 77:

Name	Position	Score
Julian Manning	14 th	92.8
Mark Bicknell	17 th	89.4
Rob Wilson	28 th	83.8
Michael Harrison	33 rd	82.1
Andrew Meredith	36 th	80.6
Gary Armstrong	50 th	75.7
Paul Welch	74 th	56.5

Present season – 2023/24

Team Results

After eight races the current standings are:

Teams

The A team are 4th out of 10
The B team are 3rd out of 10
The C team are 3rd out of 10

We have had some fantastic team results already this season, with our B Team coming 1st in 3 of the 8 races already, and our C Team coming 1st in 2 of the 8 races.

Things are looking strong for all our teams, and well done to each and every one of them.

2.6 XC Representative – Paul Welch

This year's cross-country saw us starting the season as champions, so it was all about defending our crown.

Unfortunately, we had a bit of slow start as there were clashes with HRRL fixtures & other local races. Fortunately, we picked up pace and although we didn't manage to retain our crown we finished in a very respectable joint 2nd place with two other clubs, Alton & Liss.

Basingstoke were the worthy & run-away winners with four 1st places out of the 5 races. Unfortunately, the Holywell race was dropped halfway through the season due to parking issues.

We had nine new runners to XC scene in Andy Newcombe, David Pearson, Matt Sargent, Nigel Wilson, Robin Yates, Steve Wootten, Karis Yates, Katie Edmonds & Kimberley

Churchill, so the desire to run these races is still strong. (Hopefully they will be back next year)

Our men managed one 1st place, two 2nd places, one 3rd & one 4th place finish from the 5 races.

The ladies team positions were, 3rd, 4th, 8th, 11th & 13th.

The combined team results were, (in order of races) 8th, 5th, 2nd, 2nd & 4th.

We had a total of 33 men (down from 39) and 18 women (same as last year) competing in at least one race this season, 19 of these completed four or more races, which scores them bonus striders points.

Of the 19 runners, 7 completed all five races (Alex Blake, John Field, Julian Manning, Marty McKinlay, Matt Russell & Paul Welch for the men, and just Julia Revill for the ladies, but as I mentioned earlier there were a few clashes so slightly lower numbers were to be expected.

There were 19 different scorers, with many others following close behind to make sure the gaps were created in the scoring.

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 everyone that ran for the club.

2.7 Coaching – Gary McCawley

The past year, has seen the Denmead Striders demonstrate a determination and purpose to perform well and achieve the successes of the previous year. Despite being a small club we still performed well in local races and leagues, against clubs with a larger membership. The club now regularly places in the upper half of the leagues and also achieves top three team placings for both the men and ladies' teams.

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.

The winter training saw many challenges for the coaches with road works, pavement works, flooding and unsafe road surfaces. The coaches coped well in adapting the sessions to the challenges they faced. Unfortunately, this did mean we were unable to finish the time trial series, but hopefully it will be back next year.

Once again, it has been encouraging to see new members join the club and embrace the schedule, hopefully it has given them and regular members the confidence to push themselves further as they achieve their running goals. Along with myself, I am sure all members are motivated to carry this forward into the summer.

As a coach it is also encouraging to see the improvements everyone makes during training and racing. I have been proud to see club members compete in their first ever race or watch on as a Strider crosses the finish line for another race of many.

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. The schedule is designed to provide a quality session to supplement other training during the week.

The club currently has 9 EA 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.

Whilst the coaches have to complete an online first aid course to obtain their licence. Now that the committee has found a reasonably priced qualified first aid trainer, it is planned to supplement this with live training later in the year.

I would also like 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 2024/25.

2.8 Denmead 10k

The 2023 race saw 176 entries, which was up from the previous year by approx. 40. There was also a small profit posted of £604.

Once the race was complete, and after a wash up & hand over there were some changes in the committee, with Nick Griffiths being replaced by Bekki Leaves as Race director, Harry Woodroof & Mike Harrison being replaced by Gavin Roberts & Jeffrey Streeter as course setup and Rick Toovey being replaced by Andrew Meredith as Race experience manager.

All other positions remain the same.

3. Affiliation to the HRRL and SCCL for 2024/25

The Club Chairman put forward a proposal that the club remained in the HRRL and the Southern Counties Cross Country League for 2024/25 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 or before the AGM;

Vice Chair – Del King
Mens Club Captain – Gary Armstrong
Ladies Club Captain – Christina Ball
Members Representative – Kimberley Churchill

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	Kimberley Churchill
Treasurer	Stuart Hoare
Club Secretary	Lisa Peckover
Membership Secretary	Julia Revill
Club Captains	Sam Morris and Mark Bicknell
XC Representative	Paul Welch
Newsletter Contact	Dawn Banting
Website	Graham Clarke & Clare Welch
Members Representative	Steve Trevenna
Members Representative	

With no further changes the above officers were appointed.

5. Health and Safety

See Vice Chairman report.

6. Website Update – Grahame Clarke

In general, the website has been running smoothly throughout the year without any major problems. The fake website of denmeadstriders.co.uk appears to be no longer in existence although someone (a company based in Guernsey, <https://www.alphadomains.com>, a broker seems to make a living by trading in website domain names) has purchased the domain name presumably to try to make a quick buck if they can find anyone who would want to buy the name! I am continuing to monitor this url!

As usual, I would like to thank Clare for providing latest club news for the website, Rachael and Clare for collating race results in a timely fashion, Dawn for her periodic newsletters, Gary for providing updates for his training schedules throughout the year and Peter Maisey and others for providing photographs of races and other events.

In November time I changed our hosting provider, mainly to save a significant cost in hosting fees. During the transfer process, some of you may have noticed a slight "hiccup" when unfamiliar pages appeared when they tried to access the site. This was due to a number of teething problems- "mea culpa", I had no previous experience of switching hosts! However, all seems fine now and, as well as saving us some money, the new provider has given us a large increase in data storage which previously limited the amount of information which could be included at any one time. I therefore continue to welcome contributions of articles, photographs (including videos) etc. as well as suggestions for improvements and additional facilities from ALL club members.

7. Club Newsletter – Dawn Banting

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

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

8. A.O.B.

None

9. Chairman's Closing Remarks.

As we head on into 2024 I look forward to seeing what lies ahead especially with quite a few changes in both the club and Denmead 10k committees. As always thank you for all their support & guidance, these roles are voluntary so it is very much appreciated to all of those that put themselves forward and give up their time to help run the club.

Lastly thank you to our wonderful members for inspiring, encouraging and supporting each other. We may be small but we definitely prove that we are mighty within our fellow competitive clubs.

DENMEAD STRIDERS RUNNING CLUB**Income & Expenditure****01 January 2023****to 31 December 2023****2022**

	£	£	£
Balance held, 1st January 2023			
Balance at Bank		3,799.41	3,621.12
Cash in hand		103.90	267.58
		<u>3,903.31</u>	<u>3,888.70</u>
Income			
Subscriptions (current year)	3,557.00		3,328.00
Subscriptions (for next year)	192.00		672.00
Easy Fundraising	-		-
Bank interest	23.42		1.49
Xmas party raffle	229.00		211.09
Other	-		21.34
	<u>4,001.42</u>		<u>4,233.92</u>
Running costs of the club			
Affiliations & memberships	3,012.00		2,723.00
Coaching course	10.00		40.00
Equipment, etc.	49.99		-
Stationery & other costs	10.00		-
Website/Domain	211.81		237.41
Awards night costs	792.23		784.96
Xmas party & social events	239.60		506.24
Ryde Road Race transport	208.80		229.60
Bank charges	-		55.17
Other costs	-		40.00
	<u>4,534.43</u>		<u>4,616.38</u>
Club running deficit in the year		<u>(533.01)</u>	<u>(382.46)</u>
Denmead 10K, surplus / (Deficit)		603.59	397.07
NET CASH FLOW - Surplus / (Deficit)		<u>70.58</u>	<u>14.61</u>
Balance of the Club, 31 December 2023		<u><u>3,973.89</u></u>	<u><u>3,903.31</u></u>
Represented by:		£	£
Balance at Bank - current account		1,712.68	3,799.41
Balance at Bank - deposit account		2,023.42	-
Cash in Hand		237.79	103.90
		<u><u>3,973.89</u></u>	<u><u>3,903.31</u></u>