

# Denmead Striders Running Club

## Committee Meeting

Date: 29<sup>th</sup> August 2024

Location: Elizabeth Road, Waterlooville

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

### 1. Committee Meeting.

#### 1.1 Club Chairman

Clare Welch reported;

First of all welcome Jenny to the committee in her role as Members Rep. I think we can all agree she will be a valuable member of the team.

The one drive is now up and running and apart from a few access issues I think this will work well moving forward.

Webshop for the hoodies is now live and am proposing that we add some additional items. This comes at no cost to the club as all these items are simply "print to order" so if there is a demand from a member then they can simply order, and stock will be ordered and printed in house at Hambleside. I have revisited the club kit with Ronhill and our current supplier and also done some further research into the demand. Upon circulating another email and facebook survey the uptake has been a lot higher.

Therefore, I propose we transition over to a new kit. This will potentially entail an initial outlay for the club which I anticipate will be around £1500. It will then be put onto the same website as the Hoodies but will be recouped once members start ordering.

Have started circulating members packs to new members. Not had any feedback off the back of them but will continue to do this.

Thank you again to Gary and the coaches for a great summer schedule and look forward to the upcoming Winter schedule.

Also well done to the Men's & Ladies team for a successful HRRL.

#### 1.2 Vice Chairman

Kimberley Churchill reported;

Health and Safety policy has now been written and Kimberley asked for feedback. Some minor points need amending regarding headphones. The policy can then be uploaded to EA. Kimberley has also updated all our policies to the same format for consistency.

Kimberley also asked if we should update our constitution around London Marathon places and covid 19. The committee agreed it should be updated accordingly.

**ACTION KC**

### 1.3 Club Secretary

Lisa Peckover reported;

London Marathon have not yet confirmed club places to England Athletics.

Julia's coaching licence has expired. Unless Julia can attend an in person first aid course, she will not renew her licence. The committee agreed this was fine as she does not take sessions.

Angela Agate's coaching licence is expiring, she should have received an email regarding this. Keep checking. **ACTION LP**

#### Matters Arising from 9<sup>th</sup> May 2024 meeting:

**Club Standard Documents** – Health & Safety Policy is the only thing outstanding - Kimberley Churchill has this in progress and is nearly complete. **ACTION KC**

**First Aid** – Gary McCawley was looking into different options and liaising with Kimberley's contact – Still ongoing. **ACTION GM**

**Clothing** – Online still in pipeline, Clare to keep checking. - Webshop for the hoodies is now live. Clare will organize new kit for people to try on. **ACTION CW**

**John O'Groats to Land's End Challenge** – Steve Trevenna organising for spring/summer. – It has now been decided to leave this until next year.

**CPR Video** – Clare Welch was going to send out to all members. – This was emailed to members.

**Curry Nights** – Mark Bicknell to speak to Lee Weeks about taking over. – Mark is going to arrange a curry night in November/December. **ACTION MB**

### 1.4 Club Treasurer

Stuart Hoare reported;

The accounts of the club show a healthy balance for the year to date of reserves at around £4,000 For the period January 2024 to date the club has received the majority of the subscriptions from its members and have paid over the England Athletics their contributions, the remaining balance received from its members has covered the running costs of the club as shown on the accounts summary.

For the Denmead 10K race, this is predicted to make a surplus as the current entries received for the race are close the maximum.

The committee will decide on how to use the surplus of funds once such values have been calculated.

At present the club is holding the entry fees paid on account to cover the anticipated costs for running the Denmead 10K, these will follow at the time of the event.

Account attached.

### 1.5 Membership Secretary

Julia Revill reported;

We have on paper 178 members which is the highest total so far. We deduct 7 2nd claim and 6 inactive making the total 165, so no great hopes for 2 places in London next year.

We have had 15 new members plus the 2nd claimers so lots of new blood making for lively and fun sessions. I may not be doing the training, but I do enjoy meeting up with everyone every week.

## 1.6 Club Captains:

Ladies: Sam Morris reported:

### **23/24 HRRL**

- The women's teams have had a super successful season for 23/24 with a 1<sup>st</sup> and 3<sup>rd</sup> overall result
- A team won the league by just 1 point and the B team were only 6 points from the win (3 away from second place!)
- An average of 12 women took part in the races, which is a great improvement. However, I will be aiming to increase this over the 24/25 season

### **Individual performance (top 70 – 7+ races)**

- Sam Morris – 9<sup>th</sup> Overall (7 races)
- Nikki Thomas – 14<sup>th</sup> Overall (8 races)
- Dawn Banting – 35<sup>th</sup> Overall (12 races)
- Jenny Parks – 48<sup>th</sup> overall (10 races)
- Kimberly Churchill – 54<sup>th</sup> overall (7 races)
- Anita Crawley – 63<sup>rd</sup> overall (12 races)

Race	A Team	B Team
<b>Overton 5mile</b>	8 <sup>th</sup>	11 <sup>th</sup>
<b>Solent Half Marathon</b>	6 <sup>th</sup>	11 <sup>th</sup>
<b>Hayling 10 mile</b>	1 <sup>st</sup>	1 <sup>st</sup>
<b>Gosport Half Marathon</b>	1 <sup>st</sup>	4 <sup>th</sup>
<b>Victory 5 Mile</b>	1 <sup>st</sup>	4 <sup>th</sup>
<b>Stubbington</b>	2 <sup>nd</sup>	4 <sup>th</sup>
<b>Ryde</b>	3 <sup>rd</sup>	4 <sup>th</sup>
<b>Salisbury</b>	3 <sup>rd</sup>	5 <sup>th</sup>
<b>Alton</b>	5 <sup>th</sup>	2 <sup>nd</sup>
<b>Netley</b>	3 <sup>rd</sup>	2 <sup>nd</sup>
<b>Alresford</b>	4 <sup>th</sup>	11 <sup>th</sup>
<b>Lordshill</b>	3 <sup>rd</sup>	4 <sup>th</sup>
<b>Overall Points</b>	21	30
<b>Overall result</b>	First	Third

### **24/25 HRRL Season**

- Upcoming races are:
  - o Overton – 8<sup>th</sup> September (5 women entered) – 151 spaces left
  - o Solent Half Marathon – 6<sup>th</sup> Oct (5 women entered) – 281 spaces left
  - o New Forest 10 Mile – 27<sup>th</sup> Oct (8 women entered) - 20 spaces left
- Aim to encourage more female runners to enter the league races
- Look to plan "recovery socials" on big races where we have higher entrants.
- Unaware if A/B team will receive prizes/trophies for results – if not then I will arrange something as a thank you and well done to the whole team!

A ladies C Team was also discussed, the committee agreed we should enter a ladies C team into the league as we are now getting higher ladies numbers at each race. Lisa Peckover to contact HRRL to find out how we can do this.

**ACTION LP**

Men: Mark Bicknell reported;

It's seems a while that the HRRL season finished, and the 24/25 season is soon to be upon us. So just to update you all on the final 4 race results of the 23/24 season.

HRRL race #10 - Alton 10 mile  
16 men competed  
Which gave us 3 full teams

A Team came 1/10  
B Team came 1/10  
C Team came 2/10

HRRL race #11 - Netley 10k  
14 men competed  
Which gave us 3 full teams

A Team came 4/10  
B Team came 4/10  
C Team came 4/10

HRRL race #12 - Alresford 10k  
11 men competed  
Which gave us 2 full teams

A Team came 3/10  
B Team came 4/10  
C Team incomplete 4/10

HRRL race #13 - Lordshill 10k  
16 men competed  
Which gave us 3 full teams

A Team came 3/10  
B Team came 3/10  
C Team came 3/10

So the final league standings for all our teams were:

A Team 3/10  
B Team 3/10  
C Team 3/10

Which is a fantastic result for all our teams.

As a club we had 6 men in the top 50 overall, which is very good going.

They were:

Kev Gale 33rd/ average score of 79.07  
Michael Harrison 30th/average score of 80.77  
Andrew Meredith 21st/ average score of 84.99  
Rob Wilson 19th/ average score of 87.60  
Mark Bicknell 14th/ average score of 91.63  
Julian Manning 6th/ average score of 96.41

Let's hope the up and coming season is just as good, if not better.

### 1.7 X-Country Representative.

Paul Welch reported;

### 2024 / 25 season provisional race schedule

We had the AGM early August & heard from the clubs who organised races last season, the current provisional list of races are, unfortunately only one has a confirmed date at the moment:

1. Benyon's Enclosure - Inglefield Estate (near Silchester) - 3rd November 2024.
2. The Bourne Woods - Late November 2024.
3. Lord Wandsworth College - December 2024.
4. Chawton House - January / February 2025.
5. Alice Holt - Feb 2025. TBC (all clubs are requested to supply volunteers for this event)
6. Fareham (Venue TBC) - 2nd or 9th March 2025.

## EA requirements

There was a long discussion about the requirement of non-affiliated runners having to pay £2 per race, this is to allow them to be covered by the EA insurance. However, this has become quite a large administrative task for the race organisers. The discussion was whether to allow non-affiliated runners / clubs to participate, and the outcome was yes for this season, but with the intention to restrict it for coming seasons.

## SCCL finance update

The League currently has funds of around £100, with the following projected income and expenditure:

Income:

Affiliation fees: £100 per club = £2,300

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: £200

The race organisers confirmed that some venues would need additional portable toilet facilities:

Benyon's enclosure

Chawton House

The Bourne Woods

Based on the projections we would have a shortfall 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 2024 / 25 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 £125:

Vote: Should we increase affiliation fees to £125 per club.

Outcome: yes, we should increase.

I assume that the club is still happy to proceed with this increase. The committee agreed to go ahead.

## AOB

- It was discussed about expanding the league, but the vote decided that there will be no increase in numbers due to already high numbers of participants.
- Can. participants can wear a club's "reserve" or "alternative" colours – this is permitted.
- What the minimum age for participants was – under-18s may not take part in the races, but anyone from an older age category is permitted to take part
- Whether there has been any discussion on participation by transgender athletes – no clarity on this yet, but the league has reached out to England Athletics for their guidance.

## 1.8 Striders League.

Graham Clarke reported;

The final league race of the season took place at Lordshill on July 7th with an impressive 29 Striders taking part!

Participation in the League this year has been very enthusiastic with 88 Striders competing in at least one event, 23 members earning themselves bonus points in the HRRL races while 27 were awarded earned bonus points in the XC races.

The final leader board is as follows:

## Ladies

1st Jenny Parks 111.9 pts.  
2nd Nicola Thomas 91.9 pts  
3rd Dawn Banting 82.0 pts.  
4th Caroline Whiting 80.5 pts.  
5th Anita Crawley 78.7 pts.

## Men

1st Julian Manning 132.8 pts.  
2nd Rob Wilson 120.0 pts.  
3rd Mark Bicknell 108.3 pts.  
4th Gary McCawley 106.0 pts.  
5th Roger Jones 96.8 pts.

## Striders' League Status for 2024-25 Season

The inaugural event of the Striders' League competition for the new season starts with the Overton 5m on 8th September.

I have prepared the scoresheets and updated the rules for the new season on the website making the following minor changes from last year:

1. The events qualifying for acquisition of League points will be:

- All 12 of the HRRL races (same as last year without the Hayling 10 m)
- All 6 of the SCCL races, assuming that they will be the same six races as planned last year.

If anyone would like to see any additional (non-HRRL) races included as in previous years please let me know and I can easily modify the spreadsheets accordingly

2. The Age Grading Calculators are updated from time to time and in previous years I have been using 2006/10 version. This year, unless anyone has any objections, I propose that we use the more recent data from 2015. which has been modified from the earlier data due to the fact that world records are continuously being beaten! The consequence of this change is that individuals will receive slightly reduced age grades for their performance compared with previous years. However, this will apply to all member so will not affect their overall positions in the league at the end of the day! If anyone wishes to check that I have allocated the correct score to them after each race, the calculator is available on the following website:

<http://www.howardgrubb.co.uk/athletics/wmalookup15.html>

The committee had no objections to the age grading proposal.

Jenny will be speaking to Graham about handing the Striders league over as per his wishes, there have been a few people show an interest.

**ACTION JP**

### 1.9 Social.

Mark Bicknell to arrange a curry night for November/December.

### 2.0 Coaching

Gary McCawley reported;

The winter schedule for 2024 & 2025 has been completed. The schedule contains the usual mix of intervals, hills and sustained running through the winter time trial.

Feedback was received at the committee meetings that members would like to see more hills and the Mo Farah goes down really well. Notification was put out through the newsletter and Wednesday summer training briefings for members to highlight anything that they would like to see in the schedule. No feedback has been received from this request so far, so I have gone with the committee

meeting feedback. The schedule now includes more hills, another Mo Farah session and an increase in sessions more like the Mo Farah training.

Having created schedules for the last 8 years with no adverse comments or feedback I feel as coaches we are doing it right. It is difficult to please everyone and keep a schedule as varied as possible to cater for all our members.

It looks like the ongoing council works from last year have now settled, so hopefully Berewood will be able to be used again. I believe running around the pool last year was not too bad as long as we reinforce our H&S notice about cars etc.. Also, feedback about using the pool circuit again was positive. I have kept the 200's on this circuit as it is the safer option, Berewood was becoming too crowded with the short fast session. Also, if a coach wishes to use the pool circuit for a different session, I have no issue with this as long as they announce the appropriate H&S warnings.

We shall continue to split the hill session between Hurstville (L1 & L2) and Drayton Road (L2 & L3)

The schedule will shortly be sent out via email and uploaded to facebook and the website.

### 3.0 Members Representatives.

Steve Trevenna had nothing to report.

Jenny Parks had nothing to report as this was her first committee meeting, the committee welcomed her.

### 4.0 Denmead 10k Committee.

In Bekki Leaves absence Clare Welch reported:

Entries are currently sitting at 224 with over 6 weeks to go so it's looking likely we will sell out. Only 4 striders have entered the race so far. There has been some speculation about whether badgergate is over or not but it's been decided that we continue to run regardless as the road is only closed to vehicles. Gav is still waiting to hear from the council re road closure. He will chase. Everything else is booked, double checked and ready to go! Pacers have been selected, Paul has put a marshal call out and has received a good number of offers of help. Profit is currently looking like £1700.

### 5.0 Newsletter

Dawn Banting reported;

The newsletter is receiving ongoing regular contributions of physio updates and members have contributed with a variety of stories.

### 6.0 Website

Graham Clarke had nothing to report.

### 7.0 A.O.B.

7.1 Businesses on website – Raised by Clare Welch – Physiological has asked if their business details can be put on our website. This was discussed by the committee and the consensus was we do not wish to start advertising businesses on our website. Physiological regularly has a section within our newsletter which we feel is sufficient. This has all their contact details on.

7.2 Bushy Parkrun – Raised by Gary McCawley – Gary has suggested the idea of arranging a club trip to Bushy Parkrun next year with the club possibly paying for coaches. The committee agreed this would be a great idea and we will need to gauge interest before researching coaches. **ACTION CW**

### **Next Meeting:**

28<sup>th</sup> November 2024

**DENMEAD STRIDERS RUNNING CLUB****Income & Expenditure****For the period****01 January 2024****to 29 August 2024**

		Year Dec 23		Year Dec 23
	£	£	£	£
Balance 1st January 2022	3,973.89	3,903.31		
<b>INCOME</b>			<b>EXPENDITURE</b>	
Subs (current) £30	4,494.00	3,539.00	Affiliations	
Subs (next year) £30	-	192.00	England Athletics (subs)	3,005.00
			E.A. Club Membership	200.00
			Hampshire AA	50.00
			SEAA	-
Interest received	20.64	23.42	Hants Road Race League	-
			SCCL	-
			Other	-
Sundries:			Sundries:	
10k race fee inadvance	-	-	Website/Domain	-
Extra Subs rec'd	-	-	Stationery, inks, etc.	-
Other Income	-	-	Others	-
Other Income	-	-	Pop up Tent	-
			First aid kit	-
			Bank charges	-
			Other	18.00
Other	-	18.00	Events:	
			Awards Night	590.11
Social Events	-	229.00	Ryde 10 transport	384.80
Xmas Raffle	-	-	Xmas Party & social	112.15
			Others:	
			Coaching Courses	-
<b>Club Income</b>	<b>4,514.64</b>	<b>4,001.42</b>	<b>Club running costs</b>	<b>4,360.06</b>
<b>Events:</b>				
Denmead 10K	4,472.51	2,811.06	Denmead 10K	1,195.32
	<b>8,987.15</b>	<b>6,812.48</b>		<b>5,555.38</b>
				<b>6,948.42</b>

**Summary.....**

<b>Club funds balance, at start of period</b>	01 January 2024	3,973.89
<b>Surplus / (Deficit) on club running costs</b>		<b>154.58</b>
		4,128.47
<b>Denmead 10k surplus (to date)</b>		<b>3,277.19</b>
<b>Club funds held</b>	29 August 2024	<b>7,405.66</b>