

# Denmead Striders Running Club

## Committee Meeting

Date: 9<sup>th</sup> January 2025

Location: Elizabeth Road, Waterlooville

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

### 1. Committee Meeting.

#### 1.1 Club Chairman

Clare Welch reported;

Welcome to 2025. Looking forward to another year of successful running as a club

Additional items have been added to the Webshop and circulated to the members. If anyone has any suggestions for items to be added please let me know and happy to investigate.

The new venue for the Christmas Party was a success and have received positive feedback from members. It was nice to see some of the newer members attend and would be keen to get some more social events planned throughout the year to encourage the team ethos – suggestions welcome – I know club curry nights are on the cards for 2025.

Club kit is still ongoing. Have sample sizes for people to try and gauge interest but wrong time of year for people to strip off and try so will look at this more in the spring.

2025 would like to consider a bit of a website revamp to give it a bit of a fresh look and try and make it more user friendly on mobiles. I would like to discuss this further with Graham Clarke but looking post Awards.

Date for AGM & Awards evening to be decided. (This was discussed, and a date was agreed of 28<sup>th</sup> March 2025) I propose the War Memorial Hall again, following what I thought was a success last year.

I have already spoken to them and all Fridays in March are currently free. Ahead of this I appreciate all the time and effort all the committee put into the club alongside busy lives. Therefore, it would be good to get an understanding if people wish to stay on the committee in 2025 or if we need to look for new recruits. I am happy to stay on but am equally not apposed and would not take offence if we think the club needs new blood at the helm as it were. (Committee members all stated they were happy to stay on in their roles but wouldn't be opposed to people taking interest in the roles)

Have investigated the coach to Bushy Park and looking at around £1000. Whilst the club has funds, I would suggest this is subsidised only by the club. Would welcome thoughts on how much we suggest to members, then we can decide a date a gauge interest. (This was discussed and agreed it is a good idea with members contributing £10-£15 each for the travel. A date was provisionally agreed of 10<sup>th</sup> May 2025.)

Thank you as always to all the committee for your support and work throughout 2024. It wouldn't be the successful club we are without volunteers like yourselves.

## 1.2 Vice Chairman

Kimberley Churchill reported;

Our Health & Safety policy has now been completed and has been uploaded to the website. Lisa Peckover has also uploaded this to our EA portal.

## 1.3 Club Secretary

Lisa Peckover reported;

It was confirmed the club would receive one London Marathon place. The draw took place on 18<sup>th</sup> December 2024 and was won by Alex Blake. The invite to secure the place was sent to Alex.

Julia is no longer showing on the EA portal as discussed at the last meeting.

A DBS check was completed for Angela Agate and Oliver Craig.

As asked by Gary McCawley I have contacted EA to get Trail running added to our list of disciplines. Have not yet had a response. **ACTION LP**

Matters Arising from 29<sup>th</sup> August 2024 meeting:

**Club Standard Documents** – Health & Safety Policy is the only thing outstanding - **Kimberley Churchill has completed this and it has been uploaded to the website and our EA portal.**

**First Aid** – Gary McCawley was looking into different options and liaising with Kimberley's contact – Still ongoing. **First Aid training has now been completed.**

**Clothing** – Online still in pipeline – See chairman update. **ACTION CW**

**HRRL Ladies C Team** – Lisa Peckover to set up the ladies C Team – **This was completed.**

**Striders League** – Jenny was going to discuss possibly taking over. **This was discussed and Graham Clarke will continue to do the Striders League but has shown Jenny how it is done.**

**Bushy Parkun** – Clare Welch to look into a possible club trip – **See chairman update**

## 1.4 Club Treasurer

Stuart Hoare reported;

The club has started to receive a number of subscriptions for the coming year which is pleasing. At the end of the year, December 2024 the club had funds in hand of around £5,000 related to previous and current surpluses from the Denmead 10K.

A general note was made to the committee that the club ought to start to consider what they wish to do with the funds for the benefit of the club or otherwise.

The annual accounts will be provided to the members prior to the AGM to allow for any comment and review.

Booking for the Travel to Isle of Wight for Ryde Harriers 10 Mile road race will be made, current number are 27

The committee agreed to continue to fund the transportation for the race.

## 1.5 Membership Secretary

Julia Revill reported;

No major updates, members have started paying their annual membership fees.

## 1.6 Club Captains:

Ladies: Sam Morris reported:

### **24/25 HRRL**

- Bit of a slow start to the season with overall 4th, 5th and 10th for DS
- No official results for Gosport HM yet, however there was a 1st result for the A team. This should help us with our overall position.
- Low entrants for Women's team so far, I may have taken my foot off the pedal lately and need to encourage more to enter.
  
- Upcoming races are:
  - Victory 5mile – 1st Dec (13 entries)
  - Stubbington 10km – 12th Jan (18 entries)
  - I would like to look into ways we can encourage more women to enter more HRRL races like the above (which are amazing numbers!). Growing the #teambirds brand
  - Trophy received for our win for last season, which is currently taking pride of place on my trophy shelf at home.

| Race                   | A Team     | B team     | C Team      | Numbers |
|------------------------|------------|------------|-------------|---------|
| Overton 5mile          | 6th        | 11th       | 10th        | 5       |
| Solent HM              | 4th        | 1st        | 10th        | 10      |
| New Forest 10mile      | 3rd        | 11th       | 10th        | 5       |
| <b>Current overall</b> | <b>4th</b> | <b>5th</b> | <b>10th</b> |         |

Men: Mark Bicknell reported;

### **HRRL Update:**

We are already a third of the way through the 24/25 HRRL season, and as a men's team we have been well supported in all 4 of these races.

With a massive 22 men competing in the most recent Gosport Half, which brought PBs for many of our men.

#### **HRRL race #1**

Overton 5 mile

A Team - 5/10

B Team - 6/10

C Team - 3/10 With 14 men competing

#### **HRRL race #2**

Solent Half Marathon

A Team- 2/10

B Team - 2/10

C Team - 2/10 With 15 men competing

#### **HRRL race #3**

New Forest 10 mile

A Team - 3/10

B Team - 3/10

C Team - 6/10 With 14 men competing

#### **HRRL race #4**

Gosport Half Marathon

No official results yet!

22 men competing

## **Current overall standings:**

A Team 2/10

B Team 3/10

C Team 2/10

So, on the plus side, with the help of some new faces signing up to all these races, it has helped us get off to a fantastic start to our season 👍

Well done everyone 🙌🙌

### 1.7 X-Country Representative.

Paul Welch reported;

The season is now underway with the first three races having taken place.

The first race at Benyon's enclosure had an attendance of 18 men & 8 ladies, which considering the distance required to travel, was an excellent turnout.

We had four new members to the XC scene in Henry Piper, Billy Chapman, Paul Morris & Tony Liddell which was great to see. The women finished in 10th & the men were 1st, giving us a team result of 5th out of 23 teams. So, a very good start.

Race 2 was at Lord Wandsworth College as Alice Holt was delayed due to bad weather.

Here we saw 26 men & 11 ladies, with some more new faces again in Andy Taphouse, Neil Hawkey & Mike Dellar. A few of the others also came back so the mud didn't scare them off. This race saw the women finish in 9th & the men in 4th, with a combined team result of 5th.

The rearranged Alice Holt race took part between Christmas & the New Year and although slightly down on numbers (21 men & 9 ladies) we produced our best result of the season finishing in joint 2nd. The men were 2nd & the ladies were 5th. However, the ladies were only one point away from 4th which would have promoted us to a Joint 1st, so just shows how that one extra runner or position can make a difference.

Thanks also to Brian for helping out with marshal duties.

After these races we sit 4th in the league, with a top 3 league finish certainly achievable.

Remaining races & known dates are as follows:

Chawton House – 19th January 2025.

Fareham (Venue & Date TBC) – 16th Feb 2025. CANCELLED

The Bourne Woods – 23rd Feb 2025.

So far this season we have had 34 men & 13 ladies take part in at least 1 race.

With Gary McCawley, Henry Piper, Julian Manning, Mark Bicknell, Matt Sargent, Mat Sibley, Paul Welch, Stuart Hoare, Bridie Rowlands, Jenny Parks, Kirsty Aked, Lisa Peckover & Sam Morris running in all three, so well on their way to Striders league bonus points.

### 1.8 Striders League.

Graham Clarke reported;

We are now almost halfway through the season with 5 HRRL races and 3 SCCL races completed.

Participation in the League so far has been very commendable with 74 Striders (26 ladies and 48 men) earning themselves League points. Deserving special mention for participation at this stage of the competition are:

Dawn Banting Andy Newcombe, Andrew Meredith and Jeffrey Streeter who have competed in all five road races. Also Jenny Parks, Stuart Hoare, Matt Sargent, Andrew Taphouse and Roger Jones who have missed just one!

In the SCCL events, 14 Striders have competed in all three race.

Performances in the road races has also been impressive, Mark Bicknell, Julian Manning and Kev Gale achieving over 80% Age Related Gratings on five occasions between them and 36 cases of over 70% achievement. The average age grade per runner per race is 64% which I reckon is pretty good and somewhat higher than when I first joined the club!!

The leader board to date is as follows:

#### Ladies

|     |                     |           |
|-----|---------------------|-----------|
| 1st | Jenny Parks         | 50.2 pts. |
| 2nd | Samantha Morris     | 43.5 pts  |
| 3rd | Dawn Banting        | 35.3 pts. |
| 4th | Lisa-Marie Peckover | 34.7 pts. |
| 5th | Caroline Whiting    | 30.5 pts. |

The first two men are really battling it out neck and neck with a mere 0.4 points separating 1st from 2nd position!

#### Men

|     |                |           |
|-----|----------------|-----------|
| 1st | Mark Bicknell  | 47.1 pts. |
| 2nd | Stuart Hoare   | 46.7 pts. |
| 3rd | Matt Sargent   | 44.1 pts. |
| 4th | Gary Armstrong | 42.1 pts. |
| 5th | Andy Newcombe  | 39.5 pts. |

#### 1.9 Social.

**Curry Nights** – Mark Bicknell is still looking to arrange a curry night.

**ACTION MB**

#### 2.0 Coaching

Gary McCawley reported:

Nothing to report.

Steve Trevenna suggested it might be a good idea to try and stagger the members when doing reps to avoid bunching.

#### 3.0 Members Representatives.

Steve Trevenna had nothing to report.

Jenny Parks had nothing to report.

#### 4.0 Denmead 10k Committee.

In Bekki Leaves absence Clare Welch reported:

There is a Denmead 10k committee meeting next week. A few members will be stepping down after the next race.

## 5.0 Newsletter

Dawn Banting reported;

The next newsletter will be coming out roughly towards the end of January. Dawn will be sending out 'Who's Who'? questions to the committee members to complete.

## 6.0 Website

Graham Clarke had nothing to report.

## 7.0 A.O.B.

7.1 Use of Horndean TC Ground for some summer training sessions – Raised by Gary McCawley. Gary has researched the possibility of using the HTC track for some of our summer training sessions. It would cost roughly £60 per session. It was discussed and agreed we will trial out next summer but possibly have a second coach at the normal venue for these sessions. **ACTION GM**

7.2 Instagram page – Raised by Sam Morris. As Sam was absent this will be rolled over until the next meeting.

7.3 HRRL Incentives – Raised by Jenny Parks. This needs more thought and possibly the club captains posting more often about races, especially when they are selling out quickly.

7.4 Food Bank Run – Raised by Lisa Peckover. The committee agreed it was a good idea to do again. The collection date was agreed for 26<sup>th</sup> February 2025. Lisa to do a Facebook post and Clare to add to updates email etc. **ACTION LP**

7.5 Membership and competing – Raised by Gary McCawley. Gary wanted clarification that it was in the rules that an athlete must be a paid-up member of the club to compete for the club in races (HRRL and XC). It was confirmed this is the case and will be reiterated to members. It has been bought up recently that athletes will be disqualified from races for not running in a club top if they have signed up as a club member.

7.6 Second Claim Fees – Raised by Clare Welch. Clare has asked if second claim members should pay the same annual fee as first claim. This was discussed in some detail and was decided that all members (first and second claim) should pay the same annual membership fee as we offer great value for the training that is offered. The membership form will need to be updated, and a note will need to go out to all members. **ACTION CW**

## **Next Meeting:**

AGM 28th March 2025