

Denmead Striders Running Club

Annual General Meeting 2025

Friday 28th March, 7pm at Denmead War Memorial Hall.

Minutes

1. The Chairman – Clare Welch

Another great year for the club with great results in the Hampshire Road Race league and the Cross Country. Thank you to Sam, Mark and Paul for rallying the troops and keeping members updated on upcoming races. It is with sadness that Mark has decided to step down as our Men's Club captain at the end of the season which concludes with Lordshill. However, I am pleased to say that one of our newer members Andy Taphouse has put themselves forward and unless anyone has any objections or would like to put themselves forward, I propose that we welcome him onto the committee from the start of next season.

Big thank you to Mark for your contribution over the last couple of years and aiding with the league successes. You will be missed as part of the team.

2024 saw another great glut of new members who seem to have embraced our club fully. I would like to thank all members for making them feel welcome and supporting them along the way and am excited to see how they progress over 2025.

The Denmead 10k was one of our most successful to date and got some really great feedback. Thank you to Bekki Leaves and the rest of the committee for all their hard work in putting this together. I have seen firsthand the amount of work that goes into organising this race so your efforts in this really are appreciated.

Thank you as always to Gary and the team of coaches for the great training schedule and as always being able to adapt when challenges occur within the lanes or around the Waterlooville Winter venue.

The club kit has been reviewed in 2024 and with the running down of existing kit will be changed over to a new supplier Ronhill in due course so watch this space.

As I have said in previous years, I am happy to continue my role as Chair but I am also more than happy to step aside and would take no offence whatsoever if people thought it was time for a changing of the guard as it were so if anyone wants to step forward, or has suggestions please don't ever feel like it cannot be raised.

1.1 & 1.2 2024 AGM minutes – Matters arising.

The minutes from the previous AGM (March 2024) 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

This has been my first year as Vice Chair, which essentially means I offer my support to the super woman Chair we are very lucky to have.

This year we have a new Health & Safety Policy which was sent to all club members, posted on Facebook and updated on the website. Alongside this we updated the club constitution to remove references to covid requirements and just tidy up the document.

There was one incident reported to me this year where a club member sustained a serious injury near the leisure centre. Club members should be assured that dynamic risk assessments are undertaken by the coach at the start of every session.

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 2024.

2.4 Membership Secretary – Julia Revill.

A good year for the Striders with our highest membership total at 183.

We had a majority of returning members and a good influx of new members. We are pleased to welcome those who just want to join us for training and social runs, but we had plenty of old and new members who wished to join us for races. This provided great results for the club in the HRRL and the SCCL and made the Striders League very competitive.

Good luck to you all for 2025.

2.5 Club Captains

Ladies – Samantha Morris (Lisa Peckover read in Sam's absence)

Another amazing year leading a group of amazing women! I now understand the league rules, and I am sure I bore everyone when I go into full "HRRL Mode" when someone asks me a simple race question... Sorry, not sorry!

My first year taught me a lot about the ladies' team; snack preferences, punctuality, certain race rituals etc... however, the most I've learnt is about each individual goal for the races. Whether it is a time goal, to get to the finish or complete as many races in the league as possible. I have seen a positive increase in the number of women entering the league races, with us being able to complete both A and B teams for a majority of the events.

In 2023/24 we saw thirty individual women who took part in the races, one more than the year before. Six women completed seven or more races, earning points to make the top 70. With both Dawn Banting and Anita Crawley completing all twelve!

2023/24 season stats as follows:

- Ladies A Team finished 1st overall.
- Ladies B Team finished 3rd overall.

Both teams were in the first division.

Individuals ranked in the top 70:

- 9th – Sam Morris (7 races)
- 14th – Nicky Thomas (8 races)
- 35th – Dawn Banting (12 races)
- 48th – Jenny Parks (10 races)
- 54th – Kimberly Churchill (7 races)
- 63rd – Anita Crawley (12 races)

We have had another strong start to the 2024/25 season, we have gained a new C team. Giving us even more opportunities to show up to the league! A Team is currently sitting in 1st position, B Team in 3rd and C Team in 5th position. Let's show them what we've got and get all three in the top 3!!

We have also seen a mixture of ladies in all teams, which is a fantastic opportunity to earn the best (or least) points as possible. With the likes of myself, Kayleigh Gyles, Nicola Thomas, Rachel Muckelt, Dawn Banting, Caroline Whiting, Kirsty Aked and Lisa Peckover all making the A Team so far.

We have seen some impressive times, PBs and come backs this season... but its not over yet. Upcoming races are:

- Salisbury 10mile – 6th April
- Alton 10mile – 11th May
- Netley 10k – 18th May
- Alresford 10k – 15th June
- Lordshill – 6th July

We have made our stamp on the HRRL league now, showing not only that we are a club of talented runners but also that we are a welcoming and fun club to run for! I look forward to yet another year as Club Captain (yes, Claire.... I am not going anywhere!!)

Men – Mark Bicknell

The 23/24 season turned out to be another solid display from our men's team. With 11 men competing in 7 or more races, and 2 men, Rob Wilson and Mike Deller completing all 12.

We had 6 men in the top 50 of the individual standings, who were:

Julian Manning	6th.	96.41
Mark Bicknells.	14th.	91.63
Rob Wilson.	19th.	87.60
Andrew Meredith	21st.	84.99
Michael Harrison.	30th.	80.77

Kev Gale. 33rd. 79.07

So, our final team positions were:

A Team: 3rd out of 10
B Team 3rd out of 10
C Team 3rd out of 10

Moving onto the present 24/25 season, with 7 races already completed, the current standings are:

A Team 2nd out of 10
B Team 2nd out of 10
C Team 1st out of 10

So, as you can see from these fantastic league positions we have great all round depth in our men's squad.

I think this has helped with the welcome addition of some new faces to the team. Let's hope we can continue these great performances.

2.6 XC Representative – Paul Welch

We had a bit of slow start to the season again this year, but did pick up pace throughout and finished in a very respectable joint 3rd place with two other clubs, Alton & Haslemere. Hopefully this isn't an ongoing downward trend from the dizzy heights of 2023.

Liss finished the season as league winners with a final race showdown against Basingstoke to secure the win.

Unfortunately, Fareham RC had to cancel their race again, this time due to lack of forestry commission permission. Hopefully next season will see six races again. It was great to see eight new runners to XC scene in Andy Taphouse, Billy Chapman, Henry Piper, John Motorshead, Mike Deller, Neil Hawkey, Tony Liddell & Sue Colenutt. We also had a lot of returning faces which I can now class as "my regulars", so the desire to run these races is still strong.

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

The ladies team positions were, 5th, 6th, two 9th's & 13th.

The combined team results were, (in order of races) 5th, 5th, 2nd, 3rd & 4th. We had a total of 38 men (up from 33) and 16 women (down from 18) competing in at least one race this season, 23 of these completed four or more races, which scores them bonus striders points.

Of these 23 runners, 9 completed all five races (Gary Armstrong, Gary McCawley, Henry Piper, Julian Manning, Matt Sargent, Mat Sibley & Paul Welch for the men, and just Jenny Parks, Lisa Peckover & Sam Morris for the ladies, these numbers are up from last season, so great to see lots of consistent regular cross country runners.

There were 16 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. Thanks to Paul Welch, Mark Bicknell and Samantha Morris for keeping us all organised and informed of all the road and off-road league races.

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 this year saw less of the disruption encountered last year, albeit the last 3-4 weeks have been a bit of a challenge for the coaches with pavement works once again appearing on the Berewood pathway. This winter also saw the club back training together on the hills. Utilising Portsdown Hill has definitely been a good option, thanks to Steve Trevenna for mentioning this. The hill provides a safe and well-lit area to get in some strength and stamina training

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 and the Handicap Run Series. This summer will also the return of the hill session at Pit Hill. The schedule is designed to provide a quality session to supplement other training during the week.

The club currently has 9 EA qualified coaches. 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.

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 and do not get paid for their time and commitment. They applied to give something back to the club and to allow us all to train in a structured manner within a safe and fun environment. With England Athletics demanding more of coaches to keep their licences, 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 2025/26.

2.8 Denmead 10k

The 2024 Denmead 10k was the most successful race to date in respect of both profit and entries. The new race director is clearly amazing and alongside her equally amazing team sold out all 250 entries. Entries sold out 2 weeks prior to the event and we were inundated with people contacting us after this who still wanted a place. The best race director ever also managed to secure sponsorship and free water and spot prizes meaning the profit for the year was £2,036.85.

As a result 2025 entries are being increased to 300 to see how the narrow lanes cope with additional runners. We have also moved over to a new online entry platform this year which is not only cheaper but also allows transfers and deferrals online meaning less admin tasks for Sam & Bekki. Some of the 2024 committee (Sam & Gavin) have already confirmed their intention to step down after this years race so new committee members will need to be recruited.

3. Affiliation to the HRRL and SCCL for 2025/26

The Club Chairman put forward a proposal that the club remained in the HRRL and the Southern Counties Cross Country League for 2025/26 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;

Mens Club Captain – Mark Bicknell

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 Andrew Taphouse
XC Representative	Paul Welch
Newsletter Contact	Dawn Banting
Website	Graham Clarke & Clare Welch
Members Representative	Steve Trevenna
Members Representative	Jenny Parks

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 technical problems or fake website distractions!

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, Julia for providing timely updates of the Winter Time Trials and Summer Handicap results and Peter Maisey and others for providing photographs of races and other events.

Thanks also to individuals for bringing to my attention anomalies such as incorrect or missing links where I had forgotten to update them – I am not infallible and welcome being informed!

I am always open to feedback on the site and suggestions for additions and improvements will be well received – so please do not hesitate to get in touch. It is time for a bit of a revamp of the site and over the next few weeks Clare and I will be reviewing the site structure and making a few changes e.g. producing a more "mobile friendly" updating some of the club photographs etc. so now is the time for ALL members to have their say!

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 always, thank you to all the committee members for their hard work and support, without you guys my job would be a lot harder. Every one of you plays such an important role in making it the successful little club it is.

I am excited as always for the year ahead for our Red & Green dream team and look forward to celebrating our members - be it in training, races or even more so lately the ever-growing mini striders that seem to popping up left right and centre!

Here's to a great 2025 ahead.

Denmead Striders Income & Expenditure Summary		31 December 2024	31 December 2023
	£	£	£
Subscriptions, received		4,746.00	3,749.00
Less Paid to England Athletics		(3,062.00)	(2,637.00)
		1,684.00	1,112.00
Other Income:			
Interest received	38.44		23.42
Other sundry income	-		-
		38.44	23.42
NET INCOME AVAILABLE TO CLUB		1,722.44	1,135.42
Less Expenditure			
Affiliations	525.00		375.00
Replacement equipment	-		49.99
Website hosting and domain	-		211.81
Stationary & sundry expenses	-		10.00
Transport for Ryde Road Race	384.80		208.80
Awards night & AGM	590.11		563.23
Christmas party	617.14		239.60
Coaching courses & first aid training	320.00		10.00
Other Costs	-		-
	2,437.05		1,668.43
		2,437.05	
Club Operating Surplus / (Deficit)		(714.61)	(533.01)
Denmead 10K			
Entry fees received	5,638.95		3,720.92
Costs incurred	(3,602.10)		(3,117.33)
<i>Net Surplus/(deficit)</i>		2,036.85	603.59
Total Net Surplus / (Deficit) for the year		1,322.24	70.58

Denmead Striders Net Asset statement		31 December 2024	31 December 2023
Reconciliation of funds			
Balance of reserves held at 1st January		3,973.89	3,903.31
Surplus funds generated in year		1,322.24	70.58
Balance of funds held by club at 31 December		5,296.13	3,973.89
Represented by:			
Funds held at bank:			
Current account		2,155.27	1,712.68
Deposit account		3,042.86	2,023.42
Funds in Cash		98.00	237.79
		5,296.13	3,973.89