

Denmead Striders Running Club

Committee Meeting

Date: 14th August 2025

Location: Elizabeth Road, Waterloooville

| Present | Apologies |
|---------------------|---------------|
| Clare Welch | Graham Clarke |
| Lisa Peckover | Jenny Parks |
| Julia Revill | Dawn Banting |
| Steve Trevenna | |
| Paul Welch | |
| Gary McCawley | |
| Sam Morris | |
| Andy Taphouse | |
| Kimberley Churchill | |
| Stuart Hoare | |

1. Committee Meeting.

1.1 Club Chairman

Clare Welch reported;

Firstly, welcome to Andy Taphouse to the team. I am sure you will agree he will bring new enthusiasm and ideas to the Committee and look forward to having him on board.

I would also like to mention the sad passing of one of our previous members Gary Cassap. Gary was a great member of striders for many years and only due to his and Gail's move up to Scotland did it mean he was no longer a member. As already mentioned between a few members it would be fitting to send a donation on behalf of the club which I will mention in AOB.

The new club kit is finally on order through Ronhill and will be put onto to the same site as the hoodies for ordering. The club will make the initial outlay and then when items are sold, monies will be transferred back to the club at agreed intervals from Hambleside who run the shop.

If everyone is happy with another Christmas Party, then I am happy to organise again this year and propose the same venue Horndean Football club which proved to be a success last year – potential dates to consider would be the 5th or 12th December subject to availability.

Whilst we are only in August I am also mindful that we need to look at dates for the next AGM & Awards evening, I propose either the 20th or 27th March and if everyone happy would suggest the War Memorial Hall again unless anyone has any other suggestions (always welcome to ideas).

On the subject of the Awards & AGM, I have decided that this will be my time to step down as Chair. I feel that after what will be 6 years in post its about time to hand over the reigns to someone with new ideas and enthusiasm. I am more than happy to help out in the background as quite frankly I cannot help myself but I think it's about time for change, both for the club and on a personal level for myself.

I would like to take this opportunity to each and every one of you, past and present on the committee for all your hard work and commitment to the club. Without such a great team behind me it wouldn't be half as enjoyable as it has been.

The committee decided on the 27th March for the AGM and Awards Evening at Denmead War Memorial Hall.

1.2 Vice Chairman

Kimberley Churchill had nothing to report.

1.3 Club Secretary

Lisa Peckover reported;

DBS Check was completed for Rory Heard.

Sorry to have to add another one to the mix but I will also be stepping down from my role as club secretary at the next AGM. Thank you to the whole committee for always making my job easier in sending their reports over each meeting, it makes all the difference!

Matters Arising from 8th May 2024 meeting:

Club Constitution – To be updated regarding London marathon places. (Lisa Peckover)
Constitution was updated to reflect a member must have never ran London before to be eligible to go into the club draw and uploaded to the website.

Food Bank Run – To be organised for the summer. (Lisa Peckover)
Food bank run was organised for the 3rd September to coincide with 'back to school.'

Comedy Nights – Sam Morris to look into organising.
Sam and Andy looked into group bookings but it was decided we should leave organising.

Portsmouth Walking Tour – Steve Trevenna to look into organising.

Club Instagram Page – Sam Morris would like to take over.
Sam has now taken over the running of the Instagram page.

Second Claim Membership Fees – The website was to be updated to reflect a flat fee for all members. (Graham Clarke or Clare Welch)
Graham response: The website was updated on January 9th i.e. shortly after the committee meeting at which the decision was made to charge the same membership fee to ALL members the same flat membership fee of £30 regardless of 1st or 2nd claim. See <https://denmeadstriders.org.uk/membership-information/> I also updated the various versions of the membership form to make this crystal clear! I may have missed a page where this wasn't updated – but I can't find it! Please let me know if this is the case and the relevant page and I will update.

1.4 Club Treasurer

Stuart Hoare reported;

Period since May 2025, the last meeting.

The club has received a steady flow of new members to the club, thirteen over the past three months, adding to the retained funds of the club.

Expenditure during the three months was payment of the Hampshire Road Race League entry for the 3 Ladies & 3 Men's teams, total cost of £150

The remining subscription due will be the Southern Cross Country, prior year was £125

The club has reimbursed Oliver Craig for his Leadership in Running Fitness course and qualification, total cost of £160

Two of the training sessions have been held at Horndean Technical College, the cost of those evenings together was £120

Denmead 10k, we have seen monthly income staring to flow in, naturally these monies are allocated for the payment of the relevant costs, nearer to the event in October. Currently the there is a net surplus held at £2,675 to set against estimated costs of around £3,000.

Excluding the funds held in advance for the Denmead 10k, the club has a total of £4,500

1.5 Membership Secretary

Julia Revill reported;

No major updates, we have 173 members so far this year.

1.6 Club Captains:

Ladies: Sam Morris reported:


24/25 HRRL

Team Results

| Race | A Team | B team | C Team |
|------------------------|-----------------------|-----------------------|-----------------------|
| Alton 10 mile | 4 th | 1 st | 10 th |
| Netley 10k | 7 th | 4 th | 4 th |
| Alresford 10k | 4 th | 2 nd | 3 rd |
| Lordshill 10k | 4 th | 3 rd | 1 st |
| Finish Position | 3rd | 2nd | 2nd |

Thank you to the 36 ladies that took part in at least one race this season.

Individual Results

| Rank | Name | Club |  N races | Score Avg |
|------|---------------------|------------------|---|-----------|
| 10 | Nicola Thomas | Denmead Striders | 8 | 90.14 |
| 33 | Dawn Banting | Denmead Striders | 12 | 71.31 |
| 35 | Lisa-Marie Peckover | Denmead Striders | 8 | 69.53 |
| 40 | Caroline Whiting | Denmead Striders | 9 | 64.30 |
| 55 | Marie Wiles | Denmead Striders | 8 | 54.03 |
| 63 | Jenny Parks | Denmead Striders | 10 | 47.44 |
| 90 | Clare Welch | Denmead Striders | 8 | 17.06 |
| NA | Samantha Morris | Denmead Striders | 6 | 86.40 |
| NA | Kimberley Churchill | Denmead Striders | 6 | 51.00 |
| NA | Rachael Harrison | Denmead Striders | 5 | 59.36 |
| NA | Kirsty Aked | Denmead Striders | 4 | 91.60 |
| NA | Alison Greasley | Denmead Striders | 4 | 64.95 |
| NA | Kayleigh Gyles | Denmead Striders | 3 | 96.27 |
| NA | Rachel Muckelt | Denmead Striders | 3 | 95.03 |
| NA | Linda Taylor | Denmead Striders | 3 | 58.47 |
| NA | Suzanne Richardson | Denmead Striders | 2 | 76.50 |
| NA | Bridie Rowlands | Denmead Striders | 2 | 70.05 |
| NA | Joanna Ward | Denmead Striders | 2 | 70.05 |
| NA | Karis Yates | Denmead Striders | 2 | 69.20 |
| NA | Bekki Leaves | Denmead Striders | 2 | 66.00 |
| NA | Christina Banner | Denmead Striders | 2 | 58.95 |
| NA | Sarah Heard | Denmead Striders | 2 | 39.35 |
| NA | Clare Taylor | Denmead Striders | 2 | 36.05 |
| NA | Hannah Curtis | Denmead Striders | 1 | 94.20 |
| NA | B Strachan | Denmead Striders | 1 | 82.00 |
| NA | Liz Steward | Denmead Striders | 1 | 81.00 |
| NA | Clare Ryan | Denmead Striders | 1 | 76.00 |
| NA | Catie Pettit | Denmead Striders | 1 | 72.10 |
| NA | Meg Roberts | Denmead Striders | 1 | 67.60 |
| NA | Sue Colenutt | Denmead Striders | 1 | 67.00 |
| NA | Amy Gaunt | Denmead Striders | 1 | 49.60 |
| NA | Slavena Jensen | Denmead Striders | 1 | 49.60 |
| NA | Katie Edmonds | Denmead Striders | 1 | 46.80 |
| NA | Sally Stone | Denmead Striders | 1 | 46.20 |
| NA | Anita Crawley | Denmead Striders | 1 | 41.30 |
| NA | Tracey CRANK | Denmead Striders | 1 | 10.30 |

The 2025/26 league starts with the Totton 10k, which is new to the league on the 31st August 2025.

Men: Andy Taphouse reported;

Massive thank you, Mark! What a season he captained, I have a hard job to follow!

Team Performance

- Men A1 – 2nd in Division A1, consistent top-five finishes. Best results: 2nd place at Solent, Ryde, Alresford, and Lordshill.
- Men B1 – 2nd in Division B1, highlighted by a division win at Ryde, plus 2nd places at Solent, Gosport, Salisbury, and Lordshill.
- Men C – 2nd in Division C, also took a division win at Ryde. Ten podiums across 12 races, including multiple 2nd places (Solent, Gosport, Netley, Alresford).

Individual Highlights

- Julian Manning – 4th overall, 3rd V40, 7 races, avg score 93.3.
- Andrew Meredith – 8th overall, 12 races (ran them all), avg score 92.3.
- Mark Bicknell – 11th overall, 2nd V50, 8 races, avg score 90.0.
- Other strong contributors: Rob Wilson (24th), Andrew Taphouse (25th), Gary Armstrong (44th), Mat Sibley (50th), Paul Welch (51st), Neil Hawkey (55th), Andy Newcombe (61st).

12-Race Legends

Completing all 12 races (116.2 miles / 187 km) is a huge achievement: - Andrew Meredith – top-10 overall finisher with consistent 90+ scores. - Jeffrey Streeter – 86th overall, showing outstanding dedication.

Season Snapshot

- Division wins at Ryde by both Men B1 and Men C.
- Multiple runner-up finishes across divisions.
- 10 men in the top 65 of the individual standings.
- Club depth and commitment shown by 3 full teams competing all year.

Looking ahead....

Hampshire Road Race League 2025–26 – Denmead Striders Men's Report (as of August 13, 2025)

Season Overview

Race 1 – Totton 10K (31 Aug 2025)

- Men Entered: 17
- Team Status:
 - A Team → Full (4/4)
 - B Team → Full (4/4)
 - C Team → Full (4/4)
 - Reserves → 5
- Key Notes:
 - Exceptional turnout — three full teams before the race even starts.

Race 2 – Overton 5M (7 Sept 2025)

- Men Entered: 10
- Team Status:
 - A Team → Full (4/4)
 - B Team → Full (4/4)
 - C Team → Partial (2/4)
- Key Notes:
 - We're two men short of three full teams.
 - Early entries are promising

Team Depth Snapshot

| Race | Date | Denmead Men Confirmed | A Team | B Team | C Team | Reserves |
|------------|-------------|-----------------------|--------|--------|---------------|----------|
| Totton 10K | 31 Aug 2025 | 17 | Full | Full | Full | 5 |
| Overton 5 | 7 Sept 2025 | 10 | Full | Full | Partial (2/4) | — |

Ideas to support the teams in the upcoming season:

- Promote Car sharing to the events, leaving from the winter training meet point or the Summer training meet. Hopefully, an icebreaker for new members or people new to the league, a drink after will be encouraged!
- Sunday long run with a focus on the upcoming event, hoping I'd find some support with it, but basic switch up the routes and distance on non-race Sundays around the lanes of Denmead, focusing on zone 2 easy/chatty running. No one left behind, only as fast as the slowest runner.
- iCal Download **[HRRL 2025-26 Calendar.ics](#)**

1.7 X-Country Representative.

Paul Welch reported;

2025 / 26 season provisional race schedule

We had the AGM early July & heard from the clubs who organised races last season, the current provisional list of races are:

1. Benyons Inclosure - Sunday 2nd November
2. Bourne Woods – Sunday 23rd November
3. Lord Wandsworth College - date tbc (but probably between Christmas and New Year)
4. Chawton House - Sunday 18th January
5. Alice Holt – Sunday 1st March
6. Hundred Acre Woods - Sunday 8th March (may move to February because of the closeness to Alice Holt date)

EA requirements

It was decided that the league would still allow non-affiliated runners to attend and that the £2 per race fee would remain, this is to allow them to be covered by the EA insurance.

The only change was that club reps had to bank transfer the fee to the relevant RD within 7 days after the race and no cash should be handled.

I don't believe this will affect us as we generally only have EA affiliated members.

SCCL finance update

The League currently has funds of around £100, with the following projected income and expenditure expected to be the same as last year.

Therefore, it was decided to keep the affiliation fee the same as last year which is £125 per club.

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 and that we would operate a one in one out policy only.

It is with a heavy heart that I will be stepping down from the Cross country rep role at the end of this season, I think that this will be my 9th season and feel it's time to let someone else take the reins. I am obviously happy to shadow someone for this season and complete my role at the AGM & awards evening. Many thanks to the entire committee past and present for their support throughout these years.

1.8 Striders League.

Graham Clarke reported;

The final event of the Striders' League competition, Lordshill 10k, took place on the 6th July giving Striders the last opportunity to pick up valuable League points including bonuses. I am now very pleased to announce the first five Striders in each category (prize winners in bold) of this years' competition as follows:

Ladies

| | | |
|-----|---------------------|---|
| 1st | Jenny Parks | 116.9 pts. The 5th time Jenny has won this award! |
| 2nd | Caroline Whiting | 104.9 pts. |
| 3rd | Lisa-Marie Peckover | 95.6 pts. |
| 4th | Samantha Morris | 85.2 pts. |
| 5th | Dawn Banting | 84.5 pts |

Men

| | | |
|------|-----------------|------------|
| 1st | Gary Armstrong | 112.6 pts. |
| 2nd | Andrew Taphouse | 112.0 pts. |
| 3rd | Mark Bicknell | 104.5 pts. |
| 4th= | Andy Newcombe | 103.5 pts. |
| 4th= | Julian Manning | 103.5 pts, |

Note just what a close-run competition it was between 1st and 2nd and 3rd and 4th men!!

It has been most pleasing to see new faces at the top of the leader boards this season!

Congratulations to all the prize winners and all 95 Striders who have competed in at least one of the races!

Striders' League Races for Next Season

Amazingly, it is now only just over two weeks until the start of the HRRL for the 2025-26 season! The first race will be the Totton 10k on Sunday, 31st August which will be a new race for most although some will remember it as part of the HRRL some years ago (well before I joined the club!).

HRRL and SCCL Fixtures

The Striders' League fixtures for the next season will include all twelve HRRL races and all six of the SCCL races as usual. It should be noted that the Stubbington 10k is not part of the HRRL this year and the Solent Half will move from its usual autumn date to the spring 2026

Additional non-HRRL Road races

After some deliberation, I thought that I would like to try adding two more races into the League again this year to add a bit more variety and cater for both those runners who like the challenge of longer distances – half marathon/marathon-and those who prefer the shorter 10k.To this end I have selected two additional events on the basis of the following criteria:

- 1.Date not to clash with any of the SCCL or HRRL fixture
- 2.Reasonably local
- 3.Likely to be popular based on events attended by Striders in past couple of years.

The events are:

Stubbington 10k on 11th January 2026 - been in HRRL for many years

Southampton Marathon/Half Marathon 3rd May 2026 (runner to choose distance)

If everyone is happy with these proposals I will go ahead and set up the Striders' League score sheets on this basis.

The committee agreed to Grahams suggested races.

League rules for 2025-26

Essentially unchanged from 2024-26 with only the best 10 of the road race results to count in assessment of final score.

1.9 Social.

Various members have expressed interest in organising drinks nights and curry nights again but nothing has been arranged so far.

2.0 Coaching

Gary McCawley had nothing major to report. He proposed four Horndean School track sessions for next years summer schedule. Everyone agreed this was a good idea as they were well received.

3.0 Members Representatives.

Steve Trevenna had nothing to report.

Jenny Parks had nothing to report.

4.0 Denmead 10k Committee.

There are approximately 200 runners signed up so far.

5.0 Newsletter

Dawn Banting reported;

Newsletter is still running nicely with continued support from Slavena and Natalie, and also some interesting stories from members.

As with the other committee members I am happy to continue in my role but equally happy to handover if anyone would like to have a go at the newsletter.

6.0 Website

Graham Clarke reported;

Generally running OK although some problems have emerged in recent days which are under investigation e.g. links to email addresses are not working, the calendar function needs to be changed. Some updates are required e.g. some photographs are a bit dated and I believe that there is a requirement to make the site more "mobile friendly" ... I always welcome comments and suggestions and reporting of any problems with using the site!

As an aside, our old domain "denmeadstriders.co.uk" seems to be up for sale again for an initial nominal sum. I did wonder whether maybe we should purchase it to avoid the problems of a couple of years ago. However, there are still lots of other similar named domains e.g. denmead-striders.co.uk, denmeadstrider.co.uk, denmeadstriders.net etc. which anyone could purchase for mischievous purposes should they so desire!

The committee decided to leave the domain as is.

7.1 London Marathon - Allocation of Club Place – Raised by Steve Trevenna.

Constitution - as is and *proposed modification*

Procedure for allocating guaranteed London Marathon places with a verbal guaranteed entries for the London Marathon will be awarded to individual paid up club members who have been selected on the following basis:

- Must have been a paid up member for a minimum of the previous 3 consecutive years at the date of the draw.
- Formal entry for the relevant year's race must have been officially refused. Proof of rejection is required.

Selection will be made by drawing qualified members names from a hat

- *Draw Pot 2:* Members must have never run the London Marathon in the past.
- The location and date for the draw will be communicated on at least two separate Wednesday evening training sessions
- In the event that more places are available than qualified members in a draw category, a further draw open to all paid up Club members will take place

Add at this location***

Members who have failed to gain a place via the club draw for a minimum of N years are put into Pot1. If there are no such candidates Pot 2 shall be drawn. [I would propose that N should be 4 or 5years]

The committee discussed the above and it was decided to leave the allocation rule as it is now to not over complicate.

7.2 Winter Schedule – Raised by Gary McCawley

In progress and as always ask for any suggestions etc from committee. The committee are happy for Gary to put the schedule together as he sees fit.

7.3 Charity Donation in memory of Gary Cassap – Raised by Clare Welch

The club agreed a donation of £100 to the Woodlands Trust Charity in memory of Gary Cassap.

Next Meeting:

13th November 2025