

# Denmead Striders Running Club

## Committee Meeting

Date: 3<sup>rd</sup> October 2017

Location: Silvester Road, Waterloooville.

Present	Apologies
Terry Aked	Martin Shaw
Lee Weeks	Gary McCawley
Tracey Crank	Lisa Guile
Stuart Hoare	
Julia Revill	
Clare Welch	
Paul Welch	
Richard Gray	
Mel Hunt	
Kirsty Bailey	
Sarah Heard	

### 1. Committee Meeting.

#### 1.1 Club Chairman

The Chairman reported – As we move towards the end of another year the Denmead 10k is only 2 weeks away. We have around 200 entries and look in good shape to sell out for the first time. Thanks to Rory and his team for the excellent hard work and effort they have put in.

The darker nights have seen us return to Waterloooville for training and the feedback on our new venue at Berewood has been positive, as well as the new schedule put together by Gary. Once again I would like to thank Gary and his coaches on behalf of our members for their time and dedication.

The club has had a fantastic start to the new HRRL season with both the men's and ladies teams securing some impressive results, I'm sure our team captains will elaborate later.

Lastly I'd like to thank all of the committee for their time, without you the club would not succeed.

I look forward to seeing you all at the Christmas party which will be here before we know it!

#### 1.2 Vice Chairman

The vice chairman reported that members were adhering to the wearing of hi-viz now that we had moved to winter training. The signs have been ordered so will be put out to caution motorists at training sessions. The move to Berewood for training sessions had improved safety.

### 1.3 Club Secretary

The secretary had looked on the website for club London marathon places but the portal for booking these doesn't open until the end of October. Members are getting rejection notices so we would ask them to start giving them in so we can do the draw at the end of November.

### 1.4 Club Treasurer

The accounts are appended. Bank balance is currently £4,068.61 which includes income from Denmead 10k to date. There are still subs to pay for HRRL and Southern Cross Country Leagues.

### 1.5 Membership Secretary

The membership secretary reported that membership is now a healthy 150.

### 1.6 Club Captains

Ladies: Kirsty Bailey reported that the ladies had had an excellent start to the season with the A team in 4<sup>th</sup> position in A Division 1 ahead of Pompey Joggers. The B team are 2<sup>nd</sup> in B division 1, behind Winchester. We have managed to have full teams for races so far and will have full teams for Gosport and Hayling. There are some new ladies that are really good runners so will be encouraged to take part in races.

Men: Martin Shaw reported;

So far this season there is a consistency across the 3 men's teams with the A, B and C teams all 4<sup>th</sup> in their respective leagues in the HRRL. At Overton the men's A team finished 6<sup>th</sup> in division 1 of the A league, the B team was 7<sup>th</sup> in the B division 1 and the C team was 9<sup>th</sup>. For the Solent Half both the A and B teams finished 3<sup>rd</sup> in their respective divisions with the A team claiming 3<sup>rd</sup> place in the race. The C team finished 4<sup>th</sup> in their division capping an impressive result for the men's teams. Of special note, Julian Manning was second in the individual HRRL competition for both events.

It is worth noting that traditionally at this point in the season the men's teams are lower in the leagues than where they finish, probably due to the first 2 races being the furthest from Denmead, so there is cause for optimism for a successful season.

### 1.7 X-Country Representative.

The first race in the new season is on Sunday 8<sup>th</sup> October at Pamber Forest. It was hoped that we would have teams although there are other races on the same day. Paul will promote on Wednesday training making sure members know about Striders League points and that everyone's score counts.

### 1.8 Striders League. Graham Clarke sent the following report

#### **First report for 2017-18 Season**

The new season is now underway with the first two of the HRRL races, the Overton 5m and Solent Half Marathon now completed.

It is too early to pronounce any clear leaders in the league, just a few statistics:

29 (10 ladies, 19 men) members have participated in at least one race of whom 16 have competed in both.

The standard continues to be high with two cases of platinum (9) points and gold (8) points being awarded already.

Looking to future years, I am investigating the possibility of allocating League points on the basis of Age Related Grading (ARG) as an alternative to use of the current Club Standards table which defines bronze, silver, gold and platinum performances as a function of age, time and race distance. I have identified two advantages of this approach:

1. It will alleviate the discontinuity in point allocation which occurs when a runner moves from one age group to the next on his/her birthday! Instead, all runners will receive a continuous compensation for age as they grow older.
2. Perhaps, more importantly, this method will give the 70+ vets more of a fighting chance in the league as they approach more mature years. The current table of standards just has a 70+ age group which will result in increased difficulty in achieving performance points as they get progressively older.

It is early days yet but watch this space for progress. Comments will be welcome.

### 1.9 Social.

Lisa Guile was unable to attend. The Christmas Party is all organised. Terry is asking club members for 3 or 4 favourite songs so that a playlist can be sent to the DJ. Members who give a list will go into a draw and get first option of the raffle prizes.

Lee Weeks reported that the last curry night of the year would be on 24<sup>th</sup> November. There would be a drinks night on Friday 6<sup>th</sup> October which would also be a 'farewell' to Gayle and Gary who are moving to Scotland. Another drinks night will be planned for Christmas Eve.

### 1.10 Publicity Officer

With the club having a healthy membership there was no need for publicity to attract new members. There will be some local publicity for the Denmead 10k.

### 2.0 Coaching.

Gary McCawley was unable to attend but sent the following report;

The club is now engaged in the autumn/winter schedule using the new venue at Berewood. Feedback has been positive with some recommendations for future sessions. Albeit a smaller group, I spread last night's 250m intervals training along the length of Berewood, this prevented the bunching we had seen the previous Wednesday.

I am also planning to use the Aston Road industrial estate for my 800m session on 9<sup>th</sup> October, if safe enough this will give the club another winter training option.

Finally, the next HRRL league meeting is scheduled for 06/11/2017.

### 3.0 Club Kit.

No reported issues. Zip up hoodies are now available on the sportshack website via the Striders web page.

### 4.0 Members Representatives.

Members were reminded that they should use the toilet facilities at the leisure centre before going to other training areas to avoid any complaints from members of the public.

### 5.0 A.O.B.

5.1 Striders League Rep – Graham Clarke noted that the position of ‘Striders League Representative’ was not a committee position in the club constitution meaning that he couldn’t attend committee meetings. The committee agreed that his contributions to meetings was much appreciated and the position will be co-opted to committee at the next AGM.

5.2 Mince Pie Run – The secretary agreed to do the catering for the Mince Pie run, which is on the training schedule for 13<sup>th</sup> December. It was felt this would be better on 20<sup>th</sup> December if the leisure centre could accommodate. Mel Hunt will confirm.

5.3 Fell Running Association – The club is not currently affiliate to the Fell Running Association although several members take part. This point will be added to the agenda for the AGM to be voted on by the club.

5.4 AGM and Awards Night – will be on Friday 16<sup>th</sup> March 2018.

### Next Meeting

16<sup>th</sup> January 2018.

**Denmead Striders****Income & Expenditure Summary for Committee Meeting**

	£	£
Subscriptions, received		3,056.00
Less Paid to England Athletics		<u>(1,979.00)</u>
		1,077.00
<b>Other Income:</b>		
Great South Run	-	
Easy Fundraising	91.06	
Others	-	
Interest received	-	
	<u>          </u>	<u>91.06</u>
<b>NET INCOME AVAILABLE TO CLUB</b>		<b>1,168.06</b>
<b>Less Expenditure</b>		
Affiliations	120.00	
Equipment	302.19	
Sundry expenses	96.27	
Transport for Ryde Road Race	252.74	
Other Costs		
Awards night, Xmas & other events	830.17	
Coaching courses	420.00	
	<u>2,021.37</u>	
		2,021.37
Operating Profit / (Loss)		<u>(853.31)</u>
Denmead 10K (to date)		1,409.15
		<u>555.84</u>
Bank Balance at	01 January 2017	3,512.77
Bank Balance at	29 September 2017	<u><b>4,068.61</b></u>